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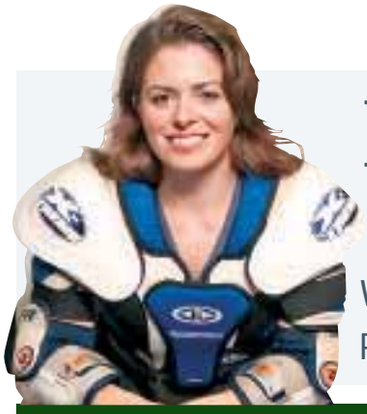

NO GLORY — JUST BLADES

WITH THE NHL LOCKED OUT, METRO TALKS TO PEOPLE WHO PLAY SIMPLY FOR THE LOVE OF THE GAME PAGE 32

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'The jewel in the crown'

Budweiser Gardens.
Downtown arena celebrates its 10th anniversary today

ANGELA MULLINS
angela.mullins@metronews.ca

There are plenty of good things to say about Budweiser Gardens.

Janette MacDonald, manager of Downtown London, can sum them all up in a simple sentence. "It's the jewel in the crown," she says.

Since the venue opened in 2002, the change in the surrounding blocks has been nothing short of a transformation, she says. Boarded-up storefronts near King and Talbot streets have been replaced by restaurants, bars and shops. Between 600,000 and 770,000 people a year are flooding into downtown for events.

And, MacDonald says, tax assessments in the city core are up $569 million since 1998, the year before plans for the entertainment complex were finalized. "There's not a single bad thing about it. I would argue that until I'm blue in the face."

In many ways, the impact of Budweiser Gardens shows what can happen when city leaders put together — and put money behind — a vision for growth.

Building a downtown arena accounted for a chunk of the city's $175-million Millennium Plan, a project that saw Central Library moved to Dundas Street near Wellington, Covent Garden Market rebuilt and the Forks of the Thames River revitalized.

The city picked up $32 million of Bud Gardens' construction cost and donated land valued at $10 million. A private-sector group, consisting of construction company EllisDon and Comcast-Spectacor, picked up the rest of the $42-million tab. According to a 50-year agreement with the city, the group is responsible for all capital repairs at Bud Gardens, one of the things city officials have repeatedly named as a benefit of the deal.

Meanwhile, the venue is outperforming expectations by a wide margin. In the first nine years, average gross revenue was anticipated at $5.6 million, with the city's net proceeds averaging $157,092. Venue manager Global Spectrum has surpassed that, officials say, with the city's net proceeds averaging $269,636 before revenue from ticket surcharges are figured in.

Overall, Bud Gardens has pumped more than $3.5 million into city coffers, and revenue is expected to increase as the city's share of net profits rises to 70 per cent in the venue's 11th year.

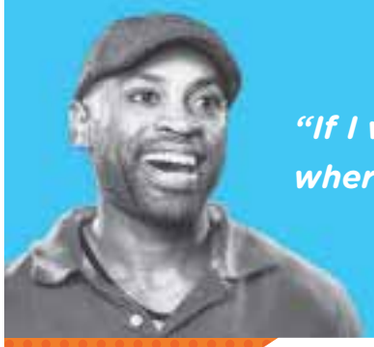
There is no overstating the venue's impact, says Coun. Bud Polhill. "It's put us on the map," he says.

This Gardens is for you

Except where noted, figures are cumulative from 2003-11 as reported by the city.

- Events: 1,234
- Paid attendance: 5,814,884
- Total event income: $25,854,644
- Total income: $49,394,766
- Net income: $4,798,280
- City proceeds from operation: $2,426,724
- City proceeds from ticket fees: $1,104,627 (cumulative from 2006-11 as reported by the city)
- Total city proceeds: $3,531,351

Budweiser Gardens employees get in the party spirit on Wednesday as they prepare to mark the venue's 10th anniversary today. For a look at what the entertainment complex has meant for London, why it's been so successful and what's planned for the future, see page 3. ANGELA MULLINS/METRO



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Gardens remains fruitful

On top. Despite faltering economy, hockey, industry connections and community keep the facility rockin'

ANGELA MULLINS
angela.mullins@metronews.ca

Brian Ohl's not a "build it and they will come" kinda guy.

Building Budweiser Gardens into one of the best entertainment complexes in North America couldn't have happened without a calculated approach and attention to detail that's just as important as serving good food to performers.

Ohl, regional vice-president for Global Spectrum and general manager of Bud Gardens, outlined three keys to the venue's success.

First, has been having the London Knights as a primary tenant.

"For us, talk about lucking out," he said, noting Dale and Mark Hunter, the team's co-owners, have made his job "a lot easier."

"They're selling tickets and winning, which is a great strategy."

Being able to bring in big-name entertainers has also been central to continued growth and turning a profit.

While big acts like Bon Jovi and The Who tend to book shows at large "NHL-sized" venues, both have headlined at Budweiser Gardens.

Part of that has to do with the relationships Global Spectrum — a company that manages more than 100 venues worldwide — has built with artists. But, Ohl said, London has a bit of its own rapport with entertainers.

"We try to make it as easy as possible so all they have to worry about is the performance. I think the shows like coming here," he said. "We just do the little things that make it an enjoyable experience."

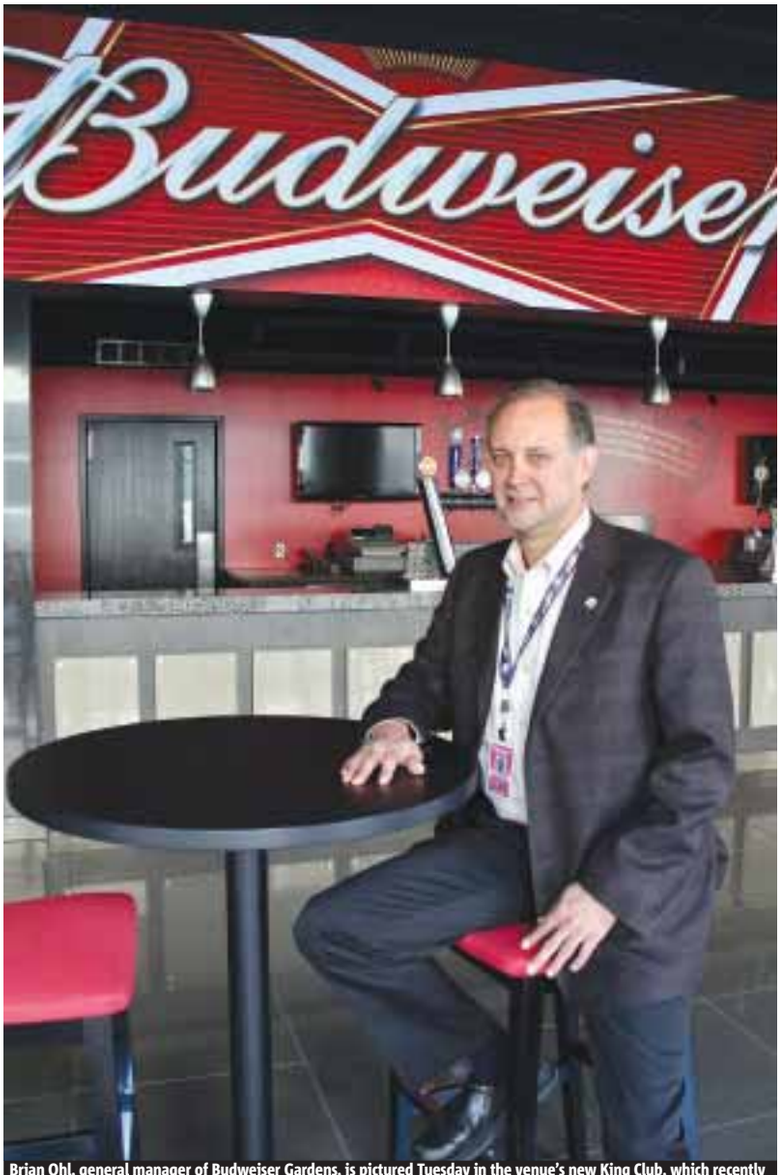
Then there's Londoners themselves.

People — including corporate sponsors — have truly embraced the building and seem "appreciative" of the shows Global Spectrum has brought to the city, Ohl said.

Global Spectrum, in turn, has embraced London, one of the things that stood out for Jessica Boudevin, a staff writer for Venues Today magazine.

Boudevin wrote a feature on Budweiser Gardens last month after the centre was named the highest-grossing Canadian venue of its size between June 2011 and May.

Global Spectrum has always put a big focus on community, Boudevin said, but the emphasis seems even more pronounced in London.



Brian Ohl, general manager of Budweiser Gardens, is pictured Tuesday in the venue's new King Club, which recently replaced the Club Cambria lounge. Ohl, regional vice-president for Global Spectrum Facility Management, has been leading the charge since the place opened in 2002 as the John Labatt Centre. ANGELA MULLINS/METRO

Singing the praises

Budweiser Gardens has won its fair share of accolades over the years. They include:

- Canadian Venue of the Year, 2010 Canadian Music and Broadcast Industry Awards
- 2012 Top Stop in Canada for venues with capacity of 10,000 to 15,000, Venues Today magazine
- Third International Top Stop of the decade (July 2002 to July 2012) for venues with capacity of 10,000 to 15,000, according to Venues Today magazine
- Canada's Major Facility of the Year (over 8,000 capacity), 2012 Canadian Music and Broadcast Industry Awards

Wanna stay in the big league? Bud Gardens has gotta grow, officials say

For growth at Budweiser Gardens to continue, the building itself must grow, officials say.

A back-of-house expansion is essential to continued attraction of big-name acts and competitions like the World Figure Skating Championships, slated to hit London in March.

"We would love to expand a bit to get more space so we don't lose out on those kinds of events," said Brian Ohl, regional vice-president for Global Spectrum and general manager of the venue. "We haven't quite figured out how to do (an expansion) yet, but we really feel it's necessary for continued success."

Tourism London general manager John Winston pitched a Bud Gardens expansion earlier this year as city councillors fielded ideas for a "prosperity plan."

He outlined a two-level build on the west side of the complex, adding 30,000 square feet and financed with money from the city, Global Spectrum, and the London Knights.

While details haven't been worked out, Ohl said the vision is in line with what he and others would like to see.

More space on the lower level would serve stage crews and performers, he said. The upper level would likely be used for "hospitality" rooms, hosting pre-event parties attended by those who pay a premium.

Ohl said officials have asked an architect to weigh in on what an addition may look like.

ANGELA MULLINS/METRO

The bowl of what's now Budweiser Gardens is shown mid-construction. CONTRIBUTED

Fans' reaction

We asked Londoners via Twitter: What's the best thing you've seen at the Budweiser Gardens venue?

@JaredZaifman:
Jay-Z. Amazing performance with entire crowd engaged throughout. Arriving also after performing at World Series. #ld

@yupthatsmatt:
Prince is the only thing I've seen there.

@lucancbj:
memcup, elton john, billy joel, bon jovi, greenday, the list goes on. Mission--to bring @springsteen to the Bud!

@jasonjkerr:
easily Jay-Z....electric. Followed by Pearl Jam, Metallica..and surprisingly Feist.

For more of your responses, go to metronews.ca.

Special report by metro & AM980

Tune in today at noon to The Pulse with Devon Peacock for a panel discussion on Budweiser Gardens: Looking at past successes and into the future.

SMEN 1 NEWS

Closed Oct. 19

D'town London office moving

Effective Oct. 19, the Downtown London office (167 Dundas St.) will be closed in preparation for the move to Citi Plaza, Suite 229. Reopening Oct. 24 at 355 Wellington Rd., Downtown London's office will continue to be open Monday to Friday from 8:30 a.m. to 4:30 p.m. METRO

Police seeking help

Man wanted for sex assault

London police are seeking the public's help in finding a man wanted for sexual assault of a person under 16 years of age.

Jesse Lee Curtis is 5-foot-9 and 150 pounds with short brown hair. He has a tattoo of the letter "C" on his left shoulder and was last seen wearing blue jeans and a light-grey hooded sweatshirt. Curtis is known to the alleged victim. METRO

Jesse Lee Curtis
LONDON POLICE SERVICE

Fundraiser

London men to walk the catwalk

The Kidney Foundation of Canada's celebrity men's fashion event will be held at the London Hunt and Country Club on Thursday at 6:30 p.m. Well-known Londoners will model in a fashion show to raise money to improve the lives of those affected by kidney disease. METRO

Domestic dispute

Man charged with attempted murder

A Delaware man, Allan Roy Smith, has been charged with attempted murder after Middlesex County OPP responded to a domestic dispute Tuesday night.

When police arrived at 8:54 p.m., they found a woman suffering from serious injuries. She was taken to hospital. METRO

Springbank Gardens

LDA walk Sunday

The fourth annual Learning Disability Association of London and Region 5K walk/run will be held Sunday at Springbank Gardens, starting at 10 a.m.

The LDA walk/run began in 2009 with 34 participants raising more than $750. Last year, the event doubled its participants and raised nearly $4,300. METRO

Millions planned to fund Highway 401 interchanges

'We are alive, kicking.'
Investment to pay back in spades, city and provincial leaders say

ANGELA MULLINS
Metro in London

A new Highway 401 interchange at Wonderland Road, and upgrades to three others, opens up possibilities for "tens of thousands" of new jobs over the next several years, Mayor Joe Fontana said Wednesday.

"This is what the NAFTA highway is all about. It's about jobs, it's about new taxes," Fontana said as he and others celebrated a planned $100 million in provincial spending along the corridor. "We are alive, kicking and looking forward to an incredible future with this investment."

Shovels will hit the dirt next spring on the new Wonderland exit, expected to account for about $25 million of the larger plan. Upgrades are also slated at Highbury Avenue, Veterans Memorial Parkway, and Colonel Talbot Road, with all work scheduled for completion in 2016.

Officials don't know how much city money will be required for the projects. But, when the time comes, the money will be there, likely pulled from a variety of reserve funds, said John Lucas, the city's manager of transportation engineering.

About $25 million has already been earmarked for some work, Fontana said.

The interchange projects are only part of what will be a multi-pronged approach to pushing development closer to Highway 401. Local and provincial leaders are teaming up to talk about how infrastructure to prompt that growth can be built, the mayor said, vowing to lobby for a federal government buy-in.

There is a shortage of real estate ready for companies interested in moving to London, and prepping land along the highway makes perfect sense, said Peter White, head of the London Economic Development Corp.

"We want to have people understand this is a city of 365,000 people. Currently, today, you really don't get that impression when you drive through London."

Critical location

Highway 401 is important to London because it's considered a major trade route between the United States and Canada, making it an ideal spot for businesses to open.

This photo of an Ontario Ministry of Transportation planning document shows the new interchange planned at Highway 401 and Wonderland Road. Yellow highlights areas where construction would be done, starting next year. ANGELA MULLINS/METRO

Cutting out homelessness

Benjamin Oudshoorn, 7, of London, builds one of about 25 houses in a cardboard city, Wednesday, outside St. Paul's Cathedral (472 Richmond St.). The effort was led by the London Homeless Coalition to mark World Homeless Action Day. The goal of the observance, organizers said, is raising awareness and growing the ranks of people looking for solutions.
ANGELA MULLINS/METRO

CHARTER RIGHTS ARE FOR EVERYONE

Open letter to the people of Ontario

Teachers, education workers, support staff, and education professionals work with students every day to prepare them to be active participants in our democratic society. We teach children to be respectful and we work to ensure that each one reaches his or her potential, understanding what it means to be a good citizen.

In September, the Ontario Liberal government, supported by the Progressive Conservative Party, passed Bill 115. This legislation is an unprecedented attack on free collective bargaining rights. Collective bargaining gives employees a voice in determining their wages and working conditions, and has, historically, set the stage for the benefits we all now enjoy, such as health care and CPP.

Bill 115 undermines the guarantees made to all Canadians under the Charter of Rights and Freedoms. And even though it affects the education sector today, it sets a dangerous precedent for all Ontarians in the future. In fact, the government is already threatening other public sector workers.

Those of us who have signed this letter understand that the most important lesson we can teach our children is that standing up for what is right is important; defending our democratic rights is critical. We the undersigned are opposed to this legislation and any that denies people their fundamental rights.

Sam Hammond, President, Elementary Teachers' Federation of Ontario
Fred Hahn, President, Canadian Union of Public Employees, Ontario
Warren (Smokey) Thomas, President, Ontario Public Service Employees Union
Ken Coran, President, Ontario Secondary School Teachers' Federation
ACTRA National
Constance Adamson, President, Ontario Confederation of University Faculty Associations
Gilles Arsenault, President, Prince Edward Island Teachers' Federation
Chris Aylward, National Executive Vice-President, Public Service Alliance of Canada
Judy Bates, Geography Dept., Sir Wilfrid Laurier University
Robyn Benson, President, Public Service Alliance of Canada
Suzanne Bourgeois, President, Association des enseignantes et des enseignants francophones du Nouveau-Brunswick
Ed Broadbent, Founder, Broadbent Institute
Brian E. Brown, President, University of Windsor Faculty Association
John Cartwright, President, Toronto & York Region Labour Council
James Clancy, President, National Union of Public and General Employees
Lily Cole, President, Newfoundland & Labrador Teachers' Association
James Compton, Faculty of Information & Media Studies, Western University
Sharon de Sousa, Regional Executive Vice-President, Public Service Alliance of Canada
Nathalie Des Rosiers, Canadian Civil Liberties Association
Johanne Grolet, Canadian Association of Labour Lawyers
Wayne Fraser, President, United Steelworkers, District 6
Ken Georgetti, President, Canadian Labour Congress
Richard Guldbrod, President, Quebec Provincial Association of Teachers
Alan Hall, Labour Studies Dept., University of Windsor
Linda Haslam-Stroud, President, Ontario Nurses' Association
Carol Henderson, President, Alberta Teachers' Association
Todd Horton, Schulich School of Education, Nipissing University
Leslie Jermyn, Anthropology Dept., Trent University
Colin Kaoss, President, Saskatchewan Teachers' Federation
Sarah Joyce King, Ontario Chairperson, Canadian Federation of Students
Naomi Klein, Author
Glenn Rankin, President, Lakehead University Faculty Association
Kirsten Kozolanka, School of Journalism & Communication, Carleton University
Susan Lambert, President, British Columbia Teachers' Federation
Robin Langill, President, Nunavut Teachers' Association
Kate Lawson, English Dept., University of Waterloo
Ken Lewenza, President, Canadian Auto Workers
Hugh Mackenzie, Economist
Katherine Macdonald, President, Yukon Teachers' Association
Mark McKinnon, President, Ontario Professional Firefighters Association
Linda McQuaig, Author
Natalie Mehra, Executive Director, Ontario Health Coalition
Gayla Meredith, President, Northwest Territories Teachers' Association
Shelley Morse, President, Nova Scotia Teachers Union
Winnie Ng, CAW Sam Gindin Chair in Social Justice & Democracy, Ryerson University
Sheila Olan-MacLean, Chair, Ontario Coalition for Better Child Care
Paul Olson, President, Manitoba Teachers' Society
Tom Pak, Ecological Education Dept., Lakehead University
Judy Rebick, Writer, thunderrebick.ca
Linda Rose-Krasnor, Psychology Dept., Brock University
Mark Rosenfeld, Executive Director, Ontario Confederation of University Faculty Associations
Christian Rouillard, School of Political Studies, University of Ottawa
Sid Ryan, President, Ontario Federation of Labour
Anver Saloojee, Politics & Public Administration Dept., Ryerson University
Erika Shaker, Director, Canadian Centre for Policy Alternatives
Rodney Sheppard, President, Society of Energy Professionals
Myer Siemiatycki, Jack Layton Chair, Ryerson University
Heather Smith, President, New Brunswick Teachers' Association
Penni Stewart, Sociology Dept., York University
Stanleen Stewart, President, Service Employees International Union
Paul Taillefer, President, Canadian Teachers' Federation
James L. Turk, Executive Director, Canadian Association of University Teachers
Joel Westheimer, Faculty of Education, University of Ottawa
Sue Wurtele, Geography Dept., Trent University
Paul G. Young, Biology Dept., Queen's University

JOIN US. TELL THE GOVERNMENT TO REPEAL BILL 115.

To download the petition to repeal Bill 115 go to: **tiny.cc/RepealBill115**

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Shuttered. Downtown club APK Live closing

Musicians and fans will say goodbye to APK Live this weekend, as the downtown club closes its doors because of financial difficulties.

"APK Live stands for more than just a space at 340 Wellington St., it stands for the community that rallied there," said Matt Trocchi, responsible for booking shows at the club. "That community will still exist when the venue closes and we will look out for each other."

Trocchi has been busy making sure the show will go on, teaming up with other local venues like the London Music Hall and Nite Owl in order save upcoming concerts.

Trocchi said the closure already has Half a Dino, a promotions and booking collective based out of the venue, looking into alternative spaces and events.

An outpouring of support for the venue has erupted online. Members of London's creative community have taken to Facebook and Twitter to share their stories of the space and the role it played in the city.

"We've had an overwhelming response," said Elaine Knight, co-owner of APK Live. "Everyone has been positive and we're looking into ways of preserving the spirit of APK Live."

Following numerous repairs, including the installation of a sprinkler system and rewiring of the main bar, Knight said APK Live's overhead costs had gotten too high.

Unable to pay rent on the space while footing the bill for building maintenance, Knight and her co-owner, Jennifer Tamse, were forced to give up the space.

AMANDA GRANT/FOR METRO

Locked-out Anaheim Ducks star Corey Perry rounds a corner at the Western Fair Sports Centre on Wednesday as London Knights forward Matt Rupert looks on. Perry and fellow NHLer Drew Doughty have been skating with the Knights for a couple of weeks now. JOHN MATISZ/METRO

NHLers work out with the Knights

Hockey lockout. As the NHL dispute between players and owners drags on, two pro players stay in shape with London team

JOHN MATISZ
john.matisz@metronews.ca

NHLers Drew Doughty and Corey Perry scored consecutive shootout goals to lift their team to victory on Wednesday.

At London Knights practice.

"We had to score three of nine, so it came down to the last two shots," Doughty, the Los Angeles Kings' go-to blueliner, explained. "And luckily we both buried."

The London-based pros have spent the past two weeks taking part in the defending OHL champions' workouts as NHL players continue to be locked out.

Whereas teammates and other big-name stars have gone overseas to suit up for a Kontinental Hockey League franchise or other European clubs, Doughty and Perry haven't budged.

"Nothing right now," said Perry. "It's ... wait-and-see."

Perry, 27, donned Knights garb during his teen years and, in 2005, was an integral part of capturing the club's lone Memorial Cup. His link to the organization remains strong, with his No. 94 being retired last season.

Doughty, on the other hand, is a Forest City native who suited up for one of London's divisional rivals, the Guelph Storm, before making the jump to pro.

Big numbers

Salary cap hits if the 2012-13 NHL season was not locked out (U.S. dollars):

- **Drew Doughty.** Los Angeles Kings — $7 million
- **Corey Perry.** Anaheim Ducks — $5.325 million

Reopening debate? Three Tories sponsor news conference on abortion

Ontario's Liberal government accused the Progressive Conservatives Wednesday of trying to reopen the abortion debate after three Tories sponsored a news conference at the legislature to stop public funding of the controversial procedure.

It only takes one MPP to sponsor an event in the legislature's media studio, so having Conservative MPPs John O'Toole, Randy Hillier and Rick Nicholls all sponsor an announcement by Campaign Life was a clear attempt to reopen the abortion debate, said Laurel Broten, the minister responsible for women's issues.

"We have seen Prime Minister (Stephen) Harper distance himself from the issue but at the same time allow backbench MPs to drive an agenda forward, that we can see what perhaps the plan is here," Broten told reporters. THE CANADIAN PRESS

Protest

41

Campaign Life announced it will hold protests outside the offices of at least 41 MPP's across the province on Saturday.

Violence. Police looking for possible witnesses seen near shooting scene

London police want to chat with people in two vehicles spotted near the scene of a fatal Sept. 30 shooting at Richmond and King streets.

A light-coloured Cadillac CTS was parked on northbound Richmond between King and York streets about the time Terrell Johnson, 21, of London was shot, police say. The second vehicle is described as a white, four-door Chevrolet sedan parked at the VIA station on York Street. The vehicle left the lot about 3:14 a.m., minutes after police say shots rang out downtown.

This vehicle was seen about the time of a Sept. 30 homicide. CONTRIBUTED

Anyone with information is asked to call police at 519-661-5670 or Crime Stoppers at 1-800-222-TIPS (8477).

ANGELA MULLINS/METRO

Education

The world is changing for girls

More girls are are going to school than ever before.

In developing regions, 97 girls were enrolled in primary or secondary school for every 100 boys — an improvement over 1999, with 91 girls for every 100 boys in elementary schools and 88 girls for every 100 boys in high schools, according to Plan Canada.

"There's still 75 million girls (of school age, under 16) missing from school," said Rosemary McCarney, president and CEO of Plan Canada. "Of those, 39 million are girls missing from secondary school education."

While Central Asia, Latin America, the Caribbean, Southeast Asia and the Caucasus at the border of Europe and Asia have shown the most progress over the past 10 years, progress for girls' education has lagged in most other parts of the developing world — particularly in Northern Africa, Oceania, Southern Asia, sub-Saharan Africa and Western Asia, according to Plan.

JESSICA SMITH/METRO IN TORONTO

Violence mars first Day of the Girl Child

'Collective sense of horror.' 14-year-old advocate of girls' right to education shot

JESSICA SMITH
Metro in Toronto

Oct. 11 was meant to be an international celebration of girls and their right to go to school — but the shooting of a 14-year-old girl who dared to demand an education in Pakistan has brought new urgency, and tragedy, to the cause.

The first-ever International Day of the Girl Child has been recognized by the United Nations for the first time, after years of diplomatic work spearheaded by Canadians and the charity Plan Canada and its Because I am a Girl initiative.

"The celebration is now mixed with our collective sense of horror, that a young 14-year-old girl who simply wanted to go to school has been gunned down," said Rosemary McCarney, president and CEO of Plan Canada. "It's a terrible moment in the world that this young crusader, who was doing exactly what every girl in Canada knows is her right, has been harmed."

A gunman shot Malala Yousufzai in the head and neck on a school bus in the Swat Valley Tuesday. The Taliban took credit for the attack, and promised to attack her again — because she is an outspoken advocate of girls' right to education.

Malala has spoken publicly and blogged with intelligence beyond her age since she was 11 years old. Her struggle for education, however, is not unique.

"Malala is a 14-year-old who just wanted to go to school. She has joined 75 million other girls around the world who are not in school today," said McCarney. "In 2012, there's no excuse. There's no excuse for these girls not to be able to take their rightful place in schools around the world."

The International Day of the Girl Child celebrations will go on. Landmarks, including the CN Tower, Niagara Falls, pyramids in Egypt and iconic buildings around the world, will be lit up in pink, and long-planned events — including a concert at Dundas Square in Toronto Thursday — will proceed, said McCarney.

It will be a celebration of Malala and all girls, she said.

"There are many other girls around the world — 75 million others — who aren't in school as well, for reasons of violence, because they've been married off, because they've been sold off into labour. For all kinds of reasons," she said.

"This is everyone's problem. Not just the problem of one family and one country. This is all of our issue."

WITH FILES FROM THE ASSOCIATED PRESS

Nine years in school

To mark the International Day of the Girl Child, Plan International launched the Because I am a Girl initiative and is calling for girls to get a minimum of nine years of quality education.

- Since 1999, girls have nearly achieved parity with boys in access to elementary school education — and the worst inequalities now persist only in the poorest, most remote and rural pockets of the world, said McCarney.
- According to Plan, every year 10 million girls are forced or coerced into marriage, which often leads to girls leaving school early, as well as an increased likelihood of HIV/AIDS and chance of death during childbirth.

Women hold banners during a protest removed a bullet Wednesday from the government minister said. The banner

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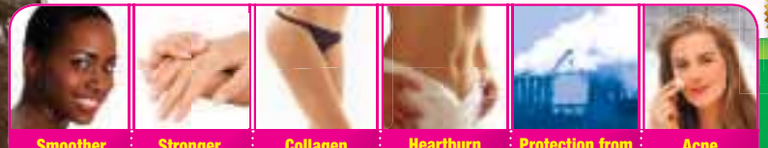

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condemning the attack on schoolgirl Malala Yousufzai in Islamabad on Wednesday. Pakistani doctors successfully neck of the 14-year-old girl who was shot by the Taliban for speaking out in support of education for women, a on the bottom right reads, "The Taliban is afraid of an unarmed girl." MUHAMMED MUHEISEN/THE ASSOCIATED PRESS

Research shows men benefit from embracing gender equality

Girls alone can't solve gender inequality — and the Because I am a Girl campaign is about them, too.

"It's fundamental that boys are a part of this," said Plan Canada CEO Rosemary McCarney. "We know that gender inequality doesn't work for boys either, who are forced into very stereotypical, macho, self-perpetuating images of their role in life, to protect and defend girls instead of championing girls' rights to be powerful."

Plan Canada's research found that men who stand up for gender equality can face difficulties in going against the prevailing norms in their countries and some worry about the lack of opportunities for boys as girls' rights increase, according a 2011 report on boys.

At the same time, Plan found boys and men who have embraced gender equality benefited from the better relations and freedom that come with letting go of traditional, confining definitions of masculinity.

One new program that teaches boys to be men in Canada is Game On, run in schools by the Big Brothers Big Sisters of Canada — and there is a big need for it, said BBBSC president Bruce MacDonald.

Malala Yousufzai was shot on Wednesday during the first-ever International Day of the Girl Child. The Taliban took credit for the attack. TORSTAR NEWS SERVICE

Through physical activity and the leadership of young men, the program teaches smart and healthy eating and living, and instills respect for socio-economic, ethno-cultural and racial diversity, said MacDonald.

"There needs to be an emphasis on both genders and making sure all kids get the potential to succeed," he said.

JESSICA SMITH/METRO IN TORONTO

Youth can help

Different cultures, same issues

When Nicole Toole went to Kenya she learned that the girls care about the same issues she does.

"Over there, when I was sitting down talking to the girls the same age as me, they were having the same issues I have, even though we're on two different sides of the world and two different cultures," said Toole, 17, a Plan Canada youth ambassador from Toronto.

She found they had concerns in common about body image and equal pay for men and women.

"Really, when you break it down, what girls wish for the future is the same as in Canada," she said.

Learning about girls not being able to go to school because of their gender has made her want to continue to help girls around the world.

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Surprise plea. Navy officer admits guilt in East Coast spy case

A navy intelligence officer rose before a judge in a Halifax court Wednesday to plead guilty to espionage.

His plea will make him the first person in Canada to be convicted under the Security of Information Act.

Sub-Lt. Jeffrey Paul Delisle, 41, showed no emotion as he acknowledged he understood the consequences of entering a guilty plea.

Defence lawyer Mike Taylor said Delisle decided to end the matter that raised uneasy questions about Canada's relations with its closest allies.

"He just wants to move forward, he wants to get it done, put it behind him," Taylor said outside court.

The sentencing hearing is set for Jan. 10.

THE CANADIAN PRESS

The man

Sub-Lt. Jeffrey Paul Delisle gained officer status in 2008.

- **Listening post.** He worked at Trinity, a military intelligence centre on the East Coast. Experts say it provides tactical assessments for Canadian warships and aircraft.

Probation problem?

Anti-Muslim film man faces hearing

The man behind an anti-Muslim film that sparked violence in the Middle East denied Wednesday he violated his probation from a 2010 bank fraud conviction.

A judge in Los Angeles scheduled an evidentiary hearing on Nov. 9 for Mark Basseley Youssef.

Youssef, 55, went into hiding when violence erupted in Egypt on Sept. 11.

The film depicts Mohammad as a religious fraud, womanizer and pedophile. The violence sparked by the film killed dozens.

THE ASSOCIATED PRESS

One free, two face Siberia: Pussy Riot court shocker

She's free, her comrades are not so lucky: Pussy Riot member Yekaterina Samutsevich leaves a Moscow court surrounded by bailiffs on Wednesday.

YURI TUTOV/THE ASSOCIATED PRESS

World activists stunned. Punk band member walks from court on a technicality — her comrades head to a penal colony

One jailed member of the punk band Pussy Riot unexpectedly walked free from a Moscow court Wednesday.

But her two jailed comrades now head toward a harsh punishment — a penal colony, possibly in Siberia.

Nevertheless, the pair squealed with joy and hugged Yekaterina Samutsevich before she was led from the courtroom to be mobbed by friends and journalists waiting outside on the street.

All three women got two-year sentences in August after they performed a "punk prayer" in Moscow's main cathedral.

Dressed in neon-coloured dresses and tights, they asked the Virgin Mary to save Russia from President Vladimir Putin.

"If we unintentionally offended any believers with our actions, we express our apologies," said Samutsevich, who along with Maria Alekhina and Nadezhda Tolokonnikova spoke in court Wednesday from a glass cage known colloquially as the "aquarium."

"The idea of the protest was political, not religious,'' Samutsevich added.

She was freed on a technicality:

The Moscow City Court ruled her sentence should be suspended because she was thrown out of the cathedral by guards before she could remove her guitar from its case and thus did not take part in the performance.

THE ASSOCIATED PRESS

Quoted

"It is a very cold climate for human rights in Russia right now."

Suzanne Nossel, executive director, Amnesty International USA.

Print still rules, but ebook sales surge

Surging ebook sales now represent an estimated 16.3 per cent of the overall book market in Canada, a figure that caught even some industry watchers by surprise.

A new report by the nonprofit industry group BookNet Canada finds more and more people are buying ebooks, and when they do purchase hardcovers and paperbacks they are increasingly getting them outside of conventional book stores.

The trends are outlined in a first-of-its-kind report by BookNet, which is based on several consumer surveys conducted over the first half of the year. The results are considered accurate within 3.1 percentage points, 19 times out of 20.

"We were a little taken aback — even though we are in the industry and on the technology side of the industry — at just the sheer quantity of the shift in behaviour in regards to digital and online (shopping)," said BookNet CEO Noah Genner.

The report suggests one in three Canadians is a regular book buyer and purchases an average of 2.8 titles per month.

While ebook sales are growing, print sales still dominate, with paperbacks representing an estimated 56.7 per cent of the market and hardcovers making up 23.6 per cent. Only seven per cent of readers said they bought both ebooks and print books, but they bought more titles overall — an average of 4.5 per month.

THE CANADIAN PRESS

Market Minute

DOLLAR 101.97¢ (-0.22¢)

TSX 12,212.42 (-61.15)

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TRAVEL BLUES? TAKE A SEAT

HE SAYS...
John Mazerolle
metronews.ca

The worst part about post-travel blues is that even I want to kick my own ass.

After all, why should anyone care that I'm sad to be back in Canada after weeks overseas? It's like complaining that you ate too many pies or that you got a paper cut on a $100 bill.

But the feeling is real. A co-worker of mine spent a few months in Africa earlier this year and when I said, "You're back!" he said, "Yeah, I am" in the sort of tone that makes you hide sharp objects and casually bring up this great therapist you know.

I was happy for his depression, because it meant his trip went great. But I still wanted to kick his ass.

It's precisely because nobody cares about your sulking that post-travel blues are so hard to get over.

Kick me, please

"But then it slowly dawned on me that I wouldn't be tripping the light fantastic again anytime soon, and I started walking around like Eeyore. So if you see me, kick me."

When I came back from my trip to Scandinavia this September, I had a good buzz going. Relaxed and content, like I'd just gotten lucky with geography.

But then it slowly dawned on me that I wouldn't be tripping the light fantastic again anytime soon, and I started walking around like Eeyore. So if you see me, kick me. Please.

In the meantime, I plan to get over my post-travel blues with a few tips I picked up from online travel sites.

- **Be a tourist in your hometown.** Lots of sites suggest this. So I plan to put on a Hawaiian shirt and wander into bad parts of the city with a map and a camera asking if they've got "MAC" Donald's in these parts. I'll let you know how it goes.
- **Find expats and cuisine from the place you visited.** I'll try, but I'll probably have a hard time finding Little Faroe Islands or Denmarktown. Also, it might be difficult to find restaurants that sell puffin. (You know puffins, those adorable little clowns of the sea that look like real-life cartoons? Well, the one I ate treated his grandmother poorly and believed global warming was a myth, so get off my back.)
- **Talk to fellow travellers.** Hearing other people's post-travel woes will make you feel better about yourself when you tell them what jerks they're being.
- **Write.** The travel sites say to write about how great everything was, but I'll take a different tack. See, I've read about a number of instances over the years where a columnist will badmouth a place and, in response, a politician challenges the writer to take a second look. To use a random example, if I were to speak ill of Denmark, which I think we can all agree is a dump, the Hotel D'Angleterre Copenhagen (what a hole!) might invite me to force down some of the worst beer ever, while I talk to Denmark's cloistered, unattractive women. I also hear Copenhagen's mayor is too cowardly to have me back.

I'll take an aisle seat, Mr. Mayor. First class, please. I need room to have my ass kicked.

Window seats — one last way to see the sights, or dream of travelling again. ISTOCK

Pumpkins flourish amid drought

SIMON WHEELER/THE ITHACA JOURNAL/THE ASSOCIATED PRESS

Saved by jack-o'-lanterns

Agritourism in U.S. suffering

Tom Vliet, of Odessa N.Y., loads up his son Nicholas as they make their annual visit to Eddydale Farms, south of the City of Ithaca, for the farm's $6 all-you-can-carry pumpkin special.

Devastating spring freezes and a historic drought have stripped some charm from rustic fall destinations, leaving some corn too short to create mazes, orchards virtually devoid of apples and fall colours muted.

Extreme weather has forced agritourism ventures in the heart of the country to scramble to hold onto their share of an industry that generates hundreds of millions of dollars each year.

However, farmers have found pumpkins to be thriving during the drought.

Mike Roney, who co-owns an orchard near Greenfield, Ind., said this year might have been the worst freeze damage ever at the farm his family has owned for 84 years.

But he found a bright spot in his pumpkin patches, which were irrigated and emerged from the drought with a fine crop.

"We actually have one of the best pumpkin crops we've ever had as far as size goes and quantity," Roney said. THE ASSOCIATED PRESS

Industry affected

- **Tradition.** For many farms and orchards, autumn is the peak agritourism season as families seek out a taste of rural life with outings to explore corn mazes, take hay rides and pick their own apples or pumpkins.
- **Economy.** Tourism generated about $566 million for more than 23,000 U.S. farms in 2007, according to the U.S. Department of Agriculture's most recent agriculture census — a survey conducted every five years.

Farmer's woes

Corn crop not so a-maize-ing

Sam Brown, who owns A-Maizeing-Farms in Mayfield, Ky., said the summer drought and 100-degree days ruined his farm's 20-acre corn maze, leaving stalks knee-to waist-high — far too short for use as a maze. Instead, he's offering a petting zoo, pedal cart races and hay rides.

"The object of our maze is to find hidden checkpoints, and our checkpoints literally would have been taller than the corn in some of the fields," he said. THE ASSOCIATED PRESS

Metropolitan Panel

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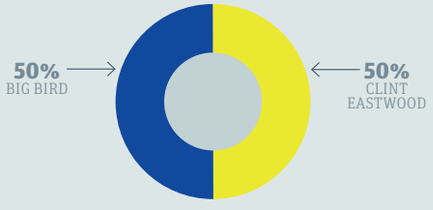
Which is the bigger threat to Mitt Romney's White House campaign?



Twitter

@realliferunway: Ooh, love her! Jennifer Lawrence named the newest face of Miss Dior

@lawvitorleaveit: We could get through so much more class notes if budski didn't talk @jordan_sals @VirginOracle

@WhiteCabana: Where can I get white pumpkins in #LdnOnt. Anyone know? I haven't spotted them anywhere (yet).

@MadProgrammer: Sometimes you cannot make people happy, but other times you can some make of them kinda happy. Just do the best you can with what is given.

@FSUPresident: If you or your friends are parking in the soccer fields, kindly remind them this is illegal and the city could tow them today #fanshawe

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And action: Five-Minute Film fest

Mike Tyrrell, left, Craig Longman, Lisa Gray, Steven Lang and Cody Howe are the team behind London's Five-Minute Film Festival, running Saturday and Sunday at Old East Studios. AMANDA GRANT/FOR METRO

Collaboration. Organizers hope Forest City dwellers get the chance to meet and make movies through first event

BACKSTAGE PASS
Amanda Grant
london@metronews.ca

This weekend London will host the first instalment of the Five-Minute Film Festival.

The festival, created by local Mike Tyrrell, encourages London filmmakers, actors and directors to work together, highlighting teamwork and networking over competition.

"It's about collaboration," Tyrrell said. "A lot of work goes into making a film and you need to have the people, the resources to make it happen. This event is about getting to know the other people in the city working toward the same goal."

Tyrrell has spent the last few years building a filmmaking community in London. He has hosted screenwriting workshops, teamed up with production companies and continues to lead weekly acting seminars at the Palace Theatre for free.

"I have learned more working with Mike and getting that hands-on experience than I learned at film school in Vancouver," said Steven Lang, one of the directors showcasing his short film, Motel Charlie, at the festival this weekend.

Lang has been working closely with Tyrrell and other members of the festival's team over the past year, using their varied expertise to help get his movie made.

"That's what we want," Tyrrell said. "We want to be able to help filmmakers, introduce them to the creative community in London and help foster their interests."

Directors and screenwriters have the option of working on their own and submitting a completed film to the festival or leaning on the fest's experienced team and using their skills.

This weekend, seven original films will be featured during the festival at the Old East Studios, as well as a series of vintage advertisements from the 1920s.

Around town

- **Music.** Things are going to get loud Thursday night with METZ headlining APK Live. The show is part of Craft Thursdays, so pay what you can. Show starts at 10 p.m.
- **Art.** Wanda Koop exhibition of paintings is on display now at Michael Gibson Gallery. Koop's pieces explore our relationship with online technologies and human emotion.

The festival's organizing team, composed of actors, directors, students and writers, decided they would break the festival into four events.

Over the next year, two more showcases, like the one this Saturday and Sunday at Old East Studios, will be held, leading up to the final event, — a more traditional film festival at a bigger venue like the Wolfe Performance Hall.

"This is our first event," Tyrrell said. "We want to show that we can do it and get the community to take notice. This isn't so much about watching, it's about interacting."

The Five-Minute Film Festival runs from noon until 8 p.m. Saturday and Sunday at the Old East Studios, next door to the East Village Arts Co-op at 755 Dundas Street.

The event is pay what you can.

NEED A RIDE?
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Matthew Bellamy of Muse says the members have grown up as a band. KEVIN WINTER/GETTY IMAGES

Muse-ing on nature of life and parenthood

Interview. Muse's Matt Bellamy sits down with Metro to talk about their new album, what it means and its influences

NINA ETTRUP
Metro World News

Known for their epic sound — and selling 15 million albums worldwide — Muse returns with The 2nd Law. Metro talked with front man Matt Bellamy.

How would you describe The 2nd Law?
It's a feeling of struggle throughout the album, I think. The 2nd Law is actually a rule, a law, a principle that says that everything in the world is cooling down, everything is dying. Life is interesting because it's directly against that. Life is a strange thing because it's going against what's inevitable. The album is all little struggles, whether it's relationships or the economic struggle. Struggle is what sums up the feeling of the album.

Muse has been together as a band for 18 years. Are you all grown up as a band?
We've just about gotten through the moody teenage years, I think (laughs). Now we're coming into maturity, hopefully. It's a good feeling. I like that all of us are very open. Rock bands can be … they like to set rules for themselves — 'we can't do pop' or 'we can't do dance' — and we've broken a lot of those rules. I find it very enjoyable to be making music now that 15 years ago I would have said 'no' and 'never!' to.

You've got such huge fan base and always get good reviews. Why change what works?
Because it becomes boring if things don't change in any situation … Everyone enjoys looking for something new, and the process is to give anything a go. To not be afraid of anything and to not shoot anything down in the early stages. It's good to be neutral and try everything and see what happens. That's just who we are as people — always looking for change and renewal. Chris has six children — that's pretty challenging, but he must enjoy that. Tom likes to move around a lot, and I've always been a person who likes to travel a lot and experience things. It's must be in the character. I have a son now and I can see it in him too. He will always crawl out to the most dangerous area, you see that natural exploration. Maybe that's part of nature, part of who we are as creatures.

We really have grown into something different, but at the same time, the friendship and the memories we have are still there.

Has becoming a father and having your own family changed your relationship with music?
It doesn't change making music, it doesn't change writing or being on stage, but I suppose it does change the way you behave (laughs). In your 20s when you first go out on tour, you're looking for parties, you're probably a little more unstable. If anything, I think it makes you focus more on the important thing, which is the music.

Does it change the way you write?
No, I don't think so, but I find different things inspiring now. Follow Me is quite influenced by becoming a father and a couple of other songs are more wise about relationships — definitely not knowing everything still.

Magic moments

Muse front man Matt Bellamy recalls some of the more epic moments

- **Playing Glastonbury, 2004.** "At Glastonbury it was a different level, it was massive and the reaction was really good. That took us to another area musically too. It changed the way we thought about songs."
- **Winning a Grammy, 2011.** "We won a Grammy Award in America — and we didn't expect that at all. It was really surprising, because we've always seen the U.S. as a difficult place for English bands."

Cohen charting his own path

New album. The son of Leonard Cohen finally finding his way in the music business with his third disc Like A Man

MIKE BENHAIM
scene@metronews.ca

Adam Cohen, son of Canadian icon Leonard, has cultivated a music career all his own. His third CD, Like A Man, is profoundly gratifying.

With some perceptible symmetry, it's clear that "the son also rises" on this one. As he prepares to tour Canada, we chat about a few things.

Is your mom Suzanne, the same Suzanne from the song?
My father actually wrote the song before meeting my mother, but says he wrote it to summon her.

Adam Cohen is embarking on a cross-Canada tour. It starts in Vancouver on Oct. 18. SHAYNE LAVERDIERE

When did you realize you might join the family business?
From the earliest age, there's never been a Plan B. I was seduced into music as far back as I can remember. You could say I caught a virus that I was never able to shake. It was less of a realization and more the following of an instinct.

The offspring of legends often run from their parents' shadows, but on this album, you embrace and even pay homage to your father. What led you there?
Three triggers lead me to the place I'm in today. The first was a sharp disillusionment with my career, which had not gone as I'd hoped, despite many chances with major labels, and kind of blowing them. Second was my father's triumphant return to the stage. Seeing him at the top of his powers in his 70s, was nothing short of inspiring.

The most important, was becoming a father myself — feeling a sense of responsibility to my name, and wanting to be Like a Man, the one I'd always wanted to be.

Star Wars revamp allows Angry Birds to take flight in 'best game ever done'

Proud creators.
Makers of very popular phone app talk up latest version, where birds battle it out against pig empire

MICHELLE CASTILLO
scene@metronews.ca

May the Force be with you: Meet the gang: Each of the birds takes on the identity of a Star Wars character and each has a special power. HANDOUT

The Angry Birds are back in space, but this time they're travelling to a galaxy far, far away.

Angry Birds Star Wars combines the world's biggest science fiction phenomenon with one of the most popular mobile games of all time. The game will be released on Nov. 8, for iOS, Android, Amazon Kindle Fire, Mac, PC, Windows Phone and Windows 8.

"We're always looking for opportunities to create new and fun experiences for Star Wars fans and enthusiasts around the world, and video games have always been a key element of that," Paul Southern, vice president of licensing for Lucasfilm, told Metro World News.

"With over a billion downloads to date, Angry Birds is the first entertainment phenomenon that has been borne out of the rapidly growing and increasingly important casual games digital space."

Each bird will have special powers that will be aligned with a corresponding Star Wars character. For example, the beloved red bird that you meet in the first levels will be none other than protagonist Luke Skywalker. The yellow bird harnesses the spirit of Han Solo.

The backgrounds will also be nostalgic for Star Wars fans as they take players to the various locations in the movies, including the desert planet of Tatooine and the ominous Death Star.

Southern adds that Angry Birds Star Wars will allow both companies to join forces to create a merchandise experience that will let fans experience the digital game in the real world. This includes new Star Wars Angry Birds plush toys and action figures, which will be available on Oct. 28 at select stores.

"This is the best Angry Birds game we've ever done. It's the best parts of Angry Birds with all new cutting-edge gameplay set in a galaxy far, far away," Peter Vesterbacka, the Mighty Eagle and CMO of Rovio, added in a press release.

"As a big Star Wars fan myself, I'm really excited about this new universe. The Force is definitely strong with this one."

The Star Wars edition marks the fifth installment of the Angry Birds saga, which includes Angry Birds Space, Angry Birds Seasons, Angry Birds Rio and the original Angry Birds.

Argo. Screenwriter relives trying task of turning sprawling article into film

NED ERHBAR
Metro World News in Hollywood

Chris Terrio. GETTY IMAGES

Argo screenwriter Chris Terrio took on quite the challenge in turning Joshuah Bearman's Wired article about a CIA plan to use a fake movie production to rescue embassy workers in Iran into a coherent film — one that's part spy thriller and part Hollywood satire. The secret, he says, lay in not using the entertainment industry solely for cheap laughs and making sure the blue Wookiees were believable.

How do you take such a sprawling, multifaceted story and compress into a movie?
It's sort of a classic rescue narrative, which is here's a problem, go in and here are all the complications of making the escape happen, and then the last bit is the escape happening. But that said, I spent a few months pulling out my hair and thinking how do you choose your stories? Because there are a million tributaries to the river that you could take your boat on that would be fascinating. I would've loved to tell those stories. But in the end you just look at the skeleton and just decide what bones are essential to stand up.

I'm assuming there actually was a script for the film they were pretending to make. It was actually called Lord of Light. Tony Mendez actually chose not to use the title Lord of Light. They re-christened it Argo for the trade ads when they announced the film was happening. But the actual script that they carried around was called Lord of Light.

Did you get to read that script?
I didn't read it largely because I wanted to free my imagination for a completely different script. I mean, Tony told me a bit about it and the fact that it had Middle Eastern elements and it had sci-fi elements, mythological elements, but I didn't actually read it. I know it exists somewhere, and maybe Tony even has a copy. But literally I think Tony's copy might have been like the end of Raiders of the Lost Ark, sent into the CIA archives.

It's funny, like, as kids, Ben and me and you who grew up in the world of Star Wars and Raiders, those things keep popping up in the film. Even in the pillowcase and the sheet and the Millenium Falcon in Tony Mendez's son's room. Those are things that Ben and I had in our bedrooms growing up. Speaking of "Star Wars," some of the characters in the film within the film seem a tad familiar. Oh definitely. I mean, the blue Wookiee... But the other great thing about doing that scene is we had Jackie West as a costume designer, who I think is truly a genius. She managed to have the characters within the fake film look fantastical and kind of funny but never cross the line into outright parody. So that even though there's this blue Wookiee, the texture of the blue Wookiee kind of looks real. You can see that there's a man inside it. It can exist in the same world as the geopolitical reality of Iran because you feel like you're watching real people in fake costumes.

Cronenberg not sick of flu-inspired films

Antiviral. Brandon, son of David, thought of idea for movie while ill, and believes it's plausible that a crazed fan would want to carry their idol's ailment

RICHARD KRAUSE
scene@metronews.ca

Like father, like son: Brandon Cronenberg is taking after his dad David with Antiviral. HANDOUT

Caleb Landry Jones is the star of Antiviral. HANDOUT

The idea of Brandon Cronenberg's new movie sounds outlandish, but recent events suggest otherwise.

At the heart of Antiviral is the notion that in the near future fans will become so rabid they'll actually pay to be infected by celebrity diseases to feel closer to their idols. Sounds strange, but consider the statue containing John Lennon's DNA (courtesy of a Beatle molar bought at auction) by artist Kirsten Zuk or the $40,668 paid for a lock of Justin Bieber's hair.

"I always thought it was kind of plausible," he says. "A friend of mine, while I was shooting, pointed me in the direction of this YouTube video that was Sarah Michelle Gellar on Jimmy Kimmel Live. At one point she says, 'I don't want to sing because I have a cold, I don't want to get the audience sick,' and everyone started applauding like crazy. I'm sure one person in that audience would want Sarah Michelle Gellar's cold. It's certainly meant to be satirical and a cultural caricature but I think it is not that far from what already exists."

When I tell the son of famous director David about the Lennon DNA statue he says: "It's very interesting to me how obsessed people are with the physical tokens, the fetishes. John Lennon's teeth… It's so incredibly religious. It's like going into some church that claims to have the finger bone of some saint."

The idea for the film didn't come from an analytical look at celebrity culture, however. The concept occurred to him as he was laid low by the flu.

"I was obsessing over the physicality of illness and how I had this thing, physically in my body, in my cells," he said, "that had come from someone else's body and how there was a weird intimacy to that connection. After I got better I was trying to think of a character who might be able to see disease in that way and I was struck by the idea that a celebrity obsessed fan might want that kind of intimacy and it developed into an interesting metaphor."

These days Cronenberg's life is imitating his art to a degree as the film makes the festival rounds — it's played at Cannes and Toronto—and the spotlight has been turned on him. "It's sort of like being a character in my own film," he says of the attention. "It's hilarious and also uncomfortable."

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Brad Pitt GETTY IMAGES

Brad Pitt needs the OK from his brood before embarking on new roles

Before Brad Pitt signs up for a role, he has to get the idea past a particularly tough panel of judges: Angelina Jolie and their six children. "I want it to be worthy enough of a story to leave the family, you know? They're everything. The family is first," Pitt tells Guy Ritchie in a chat for Interview magazine. "I also don't want to embarrass them." He also plans on taking more time off between roles going forward. "I'm not good at going back-to-back-to-back-to-back with movies, and it's just now that I'm starting to get my bearings again and a flavour for what's next," he says. "It's just about discovery now and finding something new that's interesting to me."

Quoted

"They're everything. The family is first."

Brad Pitt telling Guy Ritchie in a chat in Interview magazine how he plans to take more time off between movies.

Beyoncé's star won't be shining with Clint Eastwood

Beyoncé has decided to bow out of Clint Eastwood's long-planned remake of A Star is Born, according to E! News.

"I was looking forward to the production of A Star is Born and the opportunity to work with Clint Eastwood," the singer says.

"For months we tried to coordinate our schedules to bring this remake to life, but it was just not possible.

"Hopefully in the future we will get a chance to work together," she adds.

The Word

THE WORD
Dorothy Robinson
scene@metronews.ca

Live like the Palins—with fitness and self-discipline!

The increasingly-skeletal Sarah Palin is writing a diet and fitness book, according to an email she sent People.

"Our family is writing a book on fitness and self-discipline focusing on where we get our energy and balance as we still eat our beloved homemade comfort foods!" she wrote.

The email seems slightly fishy; Palin never confirmed which publishing house is publishing the book and when it will be out on the shelves.

"We promise you what we do works and allows a fulfilling quality of life and sustenance anyone can enjoy," she wrote.

Interesting, because in 2010 Palin attacked First Lady Michelle Obama's Let's Move campaign on Laura Ingraham's radio show.

"Take her anti-obesity thing that she is on. She is on this kick, right. What she is telling us is she cannot trust parents to make decisions for their own children, for their own families in what we should eat," she said.

And Sarah Palin's slow transformation from a political heavyweight into a Real Housewife continues.

Lindsay Lohan GETTY IMAGES

Lohans cap off long night of partying with a blowout fight

Lindsay Lohan isn't having the most relaxing visit home, apparently, as the troubled actress and her mom, Dina Lohan, reportedly had a huge fight outside Dina's Long Island home Wednesday morning, according to Page Six. The incident reportedly took place around eight in the morning as a black SUV was returning the pair home after a night of partying. "[Lindsay] was yelling, 'I've had enough of this,'" a witness claims.

"It was an argument between Lindsay and her mother," a police spokesman says.

Twitter

@goldiehawn
A 350 lbs Bear broke in2 our house, emptied the fridge, destroyed kitchen left a lovely present on the floor and took off! Would've made Him dinner and given him a doggy bag!

@JonahHill
I might be the least British person alive.

@SethMacFarlane
I'm a fan of all Margaret Cho's work, but I think Gangnam Style might be the coolest thing she's ever done.

@ConanOBrien
I'm in London right now. You won't believe this, but there's still a few minutes left in the Olympic closing ceremonies.

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PLAN CANADA SALUTES CANADIANS' ROLE

IN SUPPORTING INTERNATIONAL DAY OF THE GIRL ON OCT. 11

PLAN CANADA PHOTO

Girls growing up in the poorest regions of the world are the most disadvantaged people on the planet.

They face unique barriers to survival and development simply because they are girls. In many cases they are denied food, they are forced to drop out of school, and they are vulnerable to violence and discrimination.

Yet, research shows that when girls are educated, nourished and protected, they are a powerful force to help society develop as a whole. When you help girls, they can pull themselves, their families and their communities out of poverty to change the world for everyone.

PLAN ADVOCATES FOR GIRLS' RIGHTS

Plan is one of the world's oldest international development agencies working to end global poverty. Because I am a Girl is its global initiative to promote girls' rights and mobilize people around the world to create a brighter future.

In 2009, Plan enlisted 15,000 Canadians to sign a petition dedicating one special day every year to girls' rights. This helped the Canadian government convince the United Nations to designate Oct. 11 as International Day of the Girl Child last December.

Plan's Because I am a Girl initiative aims to inspire Canadians to raise money for equal access to health care and education, clean water and sanitation projects, as well as economic security initiatives like microfinance and skills training.

To learn more about how you can help change the world for girls, visit becauseiamagirl.ca

STANDING UP FOR GIRLS' RIGHTS

PLAN CANADA PHOTO

EDUCATION IS KEY TO GIRLS' SUCCESS

When Geeta of Nepal was 12, her father sent her to work as a domestic servant. She worked long hours and earned only 700 Nepali rupees (about $8) a year.

Geeta recalls, "It was impossible to escape. My master was highly regarded in his community. I was afraid of the consequences for my family if I left."

To help Geeta break free from exploitation and abuse, Plan supported her with a microloan and business training. She opened a roadside café, which she now operates as a family business. Today, Geeta employs herself, her entire family and even several friends when business is brisk.

HAITIAN GIRL PROVES MIRACLES HAPPEN

One of nine children on a small farm in Haiti, everyone expected Marie Dumay Miracles to stay home and help with chores. Marie's parents could not afford to send their kids to school.

When Plan set up education programs, Marie and her siblings leapt at the opportunity. Marie was a hard worker who excelled in school, but her parents couldn't afford university.

PLAN CANADA PHOTO

Through Plan's further education programs, she studied computer science, completed a university degree, and became a qualified engineer.

Next, Marie put her leadership skills to work as deputy mayor of her town, Croix-des-Bouquets, where she is actively involved in co-ordinating local earthquake rebuilding efforts.

Plan helped her live up to her name to show that miracles can happen.

OCTOBER 11TH IS THE DAY WE STAND UP FOR GIRLS' RIGHTS GLOBALLY.

AROUND THE WORLD...

Girls are 3 times more likely to be malnourished than boys.

70,000 girls under 18 are forced into marriage every day.

75 million girls are denied an education.

Just because they're girls.

AND YET...

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When you educate a girl, she'll share her knowledge with everyone she knows.

When you invest in a girl, she'll break the cycle of poverty.

Empower girls, and they'll change the world.

Inspired by Plan Canada's **Because I am a Girl** movement and thousands of Canadians, the United Nations has declared **October 11th International Day of the Girl**, a day to recognize girls' rights globally. Help give girls a voice, a chance, a future.

Girls are the **ANSWER**, and so are **YOU**.

Plan Because I am a GIRL.ca

Go to **BECAUSEIAMAGIRL.CA**

girl Confidential exclusively at Sears smartwater BIRKS

PUTTING VISION ON HEALTH AGENDA

"When was the last time you had your eyes tested?" is a question CNIB president and CEO John Rafferty likes to ask people. As chair of VISION 2020 Canada (a network of organizations focused on key issues related to vision loss), Rafferty seizes the opportunity to ensure people understand the importance of having their eyes tested.

"Few Canadians realize that vision loss can happen to anyone, at any age", says Rafferty, "but many Canadians are not aware that 75 per cent of vision loss can be prevented or treated."

According to Rafferty, the issue is more urgent than ever. Oct. 11 marks World Sight Day, which is an international day of awareness about vision health.

The main goal of VISION 2020 is the elimination of avoidable blindness globally. In developing countries, vision loss can be related to unsafe water and a significant portion of blind people in the world have cataracts. In Canada, the issues are largely related to the fact that our population is aging.

"Regardless of the issues each country faces, prevention of blindness and vision loss needs to be on the health scorecard, and every country needs an implementation plan," Rafferty told MPs, senators and ambassadors in Ottawa last week.

"Canada needs a plan that will improve public education about eye health; one that will allow Canadians access to approved treatments, rehabilitation, provide funding for research and show continued support to international blindness prevention efforts," says Rafferty.

VISION 2020 Canada is part of VISION 2020, the global initiative for the elimination of avoidable blindness, a joint program of the World Health Organization (WHO) and the International Agency for the Prevention of Blindness (IAPB) with an international membership of NGOs, professional associations, eye care institutions and corporations.

– Sarah Pettersen, VISION 2020 Canada

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VISION QUEST FOR HOPE

Donna Green, left, at the Foundation Fighting Blindness' annual Ride for Sight fundraiser with the charity's president and CEO, Sharon Colle.

VISION QUEST PHOTO

For Donna Green, attending her first Vision Quest conference was "like Dorothy finding home."

Green was diagnosed with retinitis pigmentosa (RP) in her 20s. For the first few years she ignored it, but as her vision deteriorated she had to face the fact that she was losing her sight.

"The limits of my vision and my likely future preyed on my mind all of the time. I felt disconnected from my family and friends; no one I knew had experienced anything similar. I lived with growing isolation and fear," Green says.

Then Green heard about Vision Quest, a conference organized by the Foundation Fighting Blindness (FFB), a Canadian charity dedicated to finding the causes, treatments and cures for retinal diseases like macular degeneration and RP.

"For me, Vision Quest was like Dorothy finding home," Green says.

"I learned so much from the researchers, and for the first time there was something I could do."

And "do" she did. Green organized future Vision Quests and eventually became the first visually impaired person to serve as chair of the FFB board of directors.

"Vision Quest helped me learn about my own disease and inspired me to get involved," Green says. "It is a pattern I have seen happen over and over again. Vision Quest is a key part of the stories of most of our board members, fundraising volunteers and patient spokespeople."

Are you the next Donna Green? Attend Vision Quest Toronto on Nov. 3. Register at ffb.ca/visionquest or call 1-800-461-3331, ext. 263.

– Erin George

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(Bow)ties that Bond

Q and A. Designer Lindy Hemming talks about the tailoring, the history and the heritage that thread together 007's style

RICHARD PECKETT
Metro World News in London

Clothes maketh the man ... but it's Lindy Hemming who's behind James Bond's impeccable wardrobe. We speak to the Oscar winner and long-serving Bond costume designer, who helped put together a current exhibition at London's Barbican Centre which explores Bond's suave style.

How did you first become involved with the Bond movies?
The two producers, Barbara Broccoli and Michael Wilson, just started to think about producing a new series of Bond films with Pierce Brosnan, and they were looking for a new costume designer. I think they had seen my films like The Krays and Four Weddings and a Funeral — none of them particularly relevant. But I don't know, I hope they'd heard that I was OK and I suppose they were looking for somebody British anyway.

What were you hoping to achieve in GoldenEye, given that it was the first movie since the underwhelming Dalton era?
I looked at the various Bond films and my idea was that I wanted to get back to the sort of, well, I say the suave sophistication of Sean Connery. Even though it was the 1990s, I wanted to bring something of that Connery feeling to Pierce Brosnan and not go in a sort of casual unsuited, street kind of way. I wanted to go back to elegance.

Sean Connery, the original Bond, was also the best Bond, says costume designer Lindy Hemming. ALL BOND PHOTOS HANDOUT

Why is it best to keep Bond classic and timeless? Did you find the flares and safari suits of the 1970s ridiculous?
My idea of Bond is that one reads about Ian Fleming and how and why Bond came to be imagined. He isn't a flashy character. He is an upper-middle class member of society and he's a naval, military person and so to me he wouldn't have worn those kind of clothes. Neither would he have worn those street and slightly Miami Vice clothes that Timothy Dalton wore. As a member of the establishment, he would have dressed well, cleanly and classically. His wardrobe wouldn't have that many clothes but what he did have would conform to a formula.

So, is the classic tailoring very much a part of Bond's timelessness?
Yes, but now when we came to do Daniel Craig some sort of decision had been made: we took into account that most likely the Bond Daniel Craig was playing would have been at war undercover or in the SAS (Afghanistan, Iraq or Northern Ireland). So that meant we had slightly different things going into operation.

For style and looks, who was your favourite Bond?
Truly my favourite Bond was Sean Connery ... for the tailoring. But I really, really like the tailoring of George Lazenby. I think that if you look at pictures and photographs of him his tailoring is slightly fashionable and immaculate — but no one ever mentions him. I think Lazenby was tailored by a man called Dimi Major: a forgotten tailor for a forgotten Bond. Oh and of course I liked Pierce.

Sophie Marceau, in a stunning sheer beaded number as Elektra King, turns the heat up on Brosnan's Bond in The World is Not Enough.

Men in skinny jeans, take note

"I'd rather people look like (Bond) than that they were hyper-fashionable with terrible tight trousers that make your arse look fat."
Lindy Hemming

Did it help that Lazenby was a model?
But so was Roger Moore. Roger Moore had been a knitwear model — I don't think you need to mention that.

Is Bond a style icon?
No. I don't think he should be a style icon. He should be desirable and he should still be accessible. Bond is a sophisticated example and in the '90s era a European example of good taste. He has an understanding of the reasons for tailoring and colours in order to look his best and move effortlessly amongst all strata of society.

Do you believe that his tailoring and smart casual looks are how men should dress?
I'd rather people look like him than that they were hyper-fashionable with terrible tight trousers that make your arse look fat with very short tight jackets that look terrible on most people.

Was Ian Fleming a dandyish character? What influence has he had on the tailoring in the movies?
Many many of the things that they used in Sean Connery's wardrobe came from Ian Fleming and Terence Young, the first director. Both of whom were ex-military and still close enough to the military world to know what a guards officer or a naval commander would have in their wardrobe — and I'm sure that influence was huge on the Connery clothes. Of course, as the second film (From Russia with Love, 1963) and the third film (Goldfinger, 1964) came along the style of menswear and the fact that menswear had become fashionable does influence the look of Connery and Lazenby, but I feel that Ian Fleming's first idea came from his own experience of his class and the services.

The shawl collared tuxedo or those silk covered cuffs that you see Connery wearing are passed down from Ian Fleming to Connery and from the tailor of Terence Young through to Connery. But I also think that when you design Bond films you do look back and reference things. Like I used the cashmere cardigan with the shawl collar and the white or grey polo neck for a casual look, with creamy coloured trousers for Daniel Craig in Casino Royale which came directly from Sean Connery.

The evolution of the Bond girl

The role of the Bond girl has changed throughout the last 50 years. She's gone from helpless damsel in distress to a tough, self-reliant woman and agent.

- **Hemming says it's more fun to dress the modern Bond woman.** "Nearly all of the Bond women now have really good back stories," she says. "What it means as a costume designer is that it gives you a chance to explore the character. You see them develop from Bond's fancy through to villainy."
- **But they all have their moment.** When pressed about which of the Bond beauties is the sexiest, Hemming responded with a laugh. "Oh God. Let's say Ursula Andress. Let's say that because that way we won't upset anyone. Honestly, the truth is that I think she was absolutely stunningly beautiful. But so was Sophie Marceau and Halle Berry — it's really difficult because they all have an iconic moment, I think."

First Bond babe Honey Rider, played by Ursula Andress.

More online and Friday

- Visit metronews.ca for more James Bond coverage.
- Friday, Metro looks into the history of the Bond theme song.
- **The Man Blog.** "Large, very strong and very cold and very well-made." That's James Bond describing how he likes his martinis in 1953's Casino Royale. We go to The Roof Lounge at the Park Hyatt Toronto to learn how to mix Bond's Vesper martini. Cheers! Recipe at metronews.ca/themanblog.

The Kit

Canadian street style

Spotted in: Vancouver

Celia

Human Resources

Age: 31

What she's wearing
Joe Fresh blouse, Club Monaco trousers, Fry shoes, vintage Coach bag.

Her inspiration
"Vintage, beaten up and a little masculine."

THE KIT PHOTOBLOGGER: M'C KENNETH LICON, LITTLEFASHIONISTO.COM

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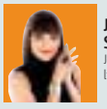

JEANNE SPACE
Jeanne Beker
life@metronews.ca

IN THIS HECTIC MODERN WORLD, TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND, AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

@Jeanne_Beker: For @AirCanada 's 75th, I'm hosting a show of past flight attendants' uniforms. If YOU were designing one today, what would it look like?

@KirkInMontreal
with the way passengers act on planes lately, I would think attendants uniform should be #ROBOCOP -ISH

@Jeanne_Beker
That's FUNNY!

@JoHNNYBANKS
like the outfit the first ever woman to fly wore.

@Jeanne_Beker
You mean an Amelia Earhardt get-up? I suppose the retro look is always cool...

@ava_duquette
What part of fashion did you not expect before reaching your position? It's still a fantasy world for a lot of us.

@Jeanne_Beker
I didn't expect people in fashion to be so fickle. I always want to believe the best in people. But some just don't deliver.

@Jeanne_Beker: Hi ho, hi ho! The Thanksgiving farm clean-up!

@Jeanne_Beker: With the masterful @philipsparks at his way cool Ossington Ave shop. Great threads for men+women!

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Bringing the ancient and exotic cuisine of the Middle East to 2012

Ground Lamb in Tahini Citrus Sauce

This recipe serves six to eight. PETRINA TINSALY.

"Kofta is ground meat, usually lamb, mixed with onion and fresh herbs like parsley and mint, and seasoned delicately with a few spices," writes Suzanne Husseini in Modern Flavors of Arabia, which offers a modern take on cuisine from the region.

"There are many versions. This one is a delicious way to use tahini. Tahini has a nutty and earthy flavour and the orange zest and juice cut through that.

My mother used to whip this up at the last minute and have it on the table in half an hour before the guests arrived, as she was never satisfied with the endless number of dishes she had already prepared!"

Now is a great time to get acquainted with food from the region as Middle Eastern cuisine is poised to be the next big global food trend.

Many of the current "buzziest" restaurants in the U.S. and the U.K. are Middle Eastern (with the four Ottolenghi restaurants in London at the forefront of the trend), so it's only a matter of time before the style hits Canada.

Get ahead of the trend.

Ingredients

- 4 medium potatoes, sliced into 1/2 inch rounds
- 1/2 cup peanut oil
- 2 lb ground lamb
- 1 onion, finely chopped
- 1/2 cup parsley, finely chopped
- 1 tsp cinnamon
- 1 tsp allspice
- salt and pepper
- 1 cup tahini
- juice of 2 lemons (or more)
- juice of 1 orange
- zest of 1 orange
- 2 cups water
- sea salt
- 1/2 cup pine nuts, toasted
- a handful of chopped parsley, to garnish

1. Peel, wash and slice the potatoes into rounds. Heat the peanut oil in a large frying pan and fry the potatoes until golden on both sides. Remove and place on absorbent paper to cool.

2. Preheat the oven to 350 F.

3. In a large bowl, combine the ground lamb, onion, parsley, cinnamon, allspice, salt and pepper. In a baking dish, place the potatoes in one layer.

4. Shape the kofta into long sausages (about 6 inches) and place on top. Bake in the oven for 10 minutes until partially cooked. Remove. Keep the oven on while you make the sauce. Mix the tahini, lemon juice, orange juice, orange zest, water and salt to taste. It should be a pourable consistency and creamy. Pour the sauce all over and return to the oven to finish cooking and to thicken the sauce slightly, about 20 minutes. Garnish with toasted pine nuts and parsley. Serve hot with white rice and a salad.

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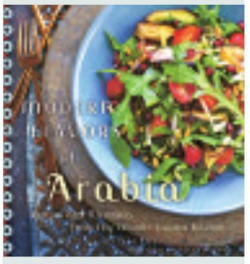
Cookbook of the Week

Modern take on Middle East dishes



Suzanne Husseini, host of Top Chef Middle East, splits her time between Ottawa and Dubai.

Influenced by her travels, she has released Modern Flavors of Arabia: Recipes and Memories of My Middle Eastern Kitchen. Focused on offering readers dishes that are healthy, full of flavour and exotic, the book explores a food culture that spans centuries.

Husseini's refreshingly new take on the traditional includes recipes that are arranged by breakfast, lunch, dinner and dessert.

The author also includes stories and ideas on how to serve each dish.

METRO

Braised Green Beans and Tomatoes.
Vegetarian side dish for rice or meat

"This is a beautiful vegetarian dish best eaten at room temperature or even cold straight from the fridge," writes Suzanne Husseini in Modern Flavors of Arabia.

"It makes a perfect side dish with rice or meat. Traditionally it is eaten ... by pinching morsels with pita bread. The braised whole garlic is a sweet surprise."

Ingredients

- 1/2 cup olive oil
- 12 cloves garlic, sliced thin
- 2 onions, chopped
- 4 cups green beans, cut diagonally
- 4 cups chopped tomatoes
- 1 head of garlic, cloves separated, unpeeled
- 2 tbsp tomato paste
- 1 tbsp sugar
- salt and pepper

1. In a large frying pan, heat the olive oil and sauté garlic and onions until soft. Add the green beans and stir well (beans will turn a deep green). Cover and continue cooking for 5 minutes.

2. Remove lid and add chopped tomatoes, cloves of unpeeled garlic, tomato paste and sugar. Season with salt and pepper. Lower heat, cover, and allow to simmer for 30 minutes until sauce thickens and beans are tender.

This recipe serves four to six. PETRINA TINSALY

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From hotel style to home decor

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

New York real estate is notorious for the high prices for small spaces and it always has been consistent with what travellers expect from their hotel rooms.

The Pod Hotel, famous for its tiny rooms at great prices, has never shied away from the small space aspect when it opened up five years ago on 51st Street. Now there's a second 366 room Pod Hotel on 39th Street (located in the Murray Hill district) offering up stylish and practical accommodations from 120-square-feet that is bound to impress any budget conscious traveller. Although limited space is a given, one thing that isn't lacking is the high level of personalized service offered from the staff, the inviting modern lobby and trendy rooftop lounge; wherever you go in the hotel you are guaranteed a smile and hello.

From $150 this centrally located hotel is bound to take Manhattan travellers by storm.

Details I love

- Each floor is colour coded by carpet colour.
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- One vertical (the red bulk) and one horizontal (a stripe in the carpet) guides your eye toward the longest and tallest sightline in each room, another trick to show the eye the most space available.
- Colours and style are kept focused. Black, grey, red and white is a signature combination.

The Pod Bunk Room at The Pod 39 Hotel offers no-nonsense, affordable and stylish decor for the budget-conscious visitor to New York City. THEPODHOTEL.COM

Like the look of The Pod 39 Hotel? Here's some decor items to turn your guest space into the perfect sleeping pod.

Keep your dates and times on track with a vintage-inspired Flip Clock, $199, BedBathAndBeyond.ca.

Light, airy and durable make for a stylish desk. Mosco Desk, $600, EQ3.com.

Durable carpet tile offers a custom look to the floor. INS & OUTS carpet tile $17 each, FLOR.com.

Light and airy chairs add durability and style to a desk or dining table. Bertoia Chair, $104, HomeSav.com.

Style inspired by quilted moving blankets. Magical Thinking Quilt, $130, UrbanOutfitters.com.

A shot of red will help add punch to a bulk head or window trim. Tricycle Red 2001-20, BenjaminMoore.com.

Orange is warming up homes this fall

Colour tips. By using it creatively and carefully, orange can be a popular fall colour indoor and out

Leaves are changing and pumpkins are appearing on doorsteps around the country. As vibrant shades of orange fill the outdoors, they're also becoming increasingly popular inside.

Upholstery fabrics, paint colours, furniture and accessories that range from neon orange to tangerine to terra cotta are getting attention this season.

But orange isn't for everyone. When interior designers suggest decorating with orange, clients can get nervous. Designer Kyle Schuneman often eases homeowners into using orange by suggesting variations on it.

"The idea of orange can sound juvenile and unsophisticated," Schuneman says. "But if you go with umbers, burnt bricks or terra cottas, you can sell a client on the idea much easier."

Here, Schuneman and designers Brian Patrick Flynn and Betsy Burnham offer tips on decorating with the colour orange and avoiding the pitfalls of using it badly.

How much to use?

Orange can be overpowering as the main colour in a room. But, like red, it works brilliantly as an accent colour.

"I don't suggest painting your walls orange," Burnham says. "But maybe there's an orange in the print on your pillows."

It can be casual ("maybe you bring in a garden stool that's bright orange"), or chic and sophisticated ("think of Hermes orange, those shopping boxes"), she says. In a bedroom with muted, grey-blue walls, Burnham opted to add lacquered end tables in a rich shade of orange.

Orange paint can also be a great way to spruce up a dated piece of furniture.

"Think about painting a great old chest of drawers a beautiful shade in a high gloss," Schuneman says, "and changing out the knobs to really special crystal knobs to make a statement piece in a room."

Which shades are best?

All three designers like earthy burnt orange tones that are almost as brown as they are orange.

"With a burnt orange, you'd be surprised what the paint chip looks like," Burnham says. "It looks more like a brown. But you paint a piece of furniture that colour, and it reads orange. It does what it's supposed to do — it brings some whimsy."

Flynn also likes using red-orange, "ideal for more youthful or edgy rooms."

The style of your home may help determine which shades you choose, says Schuneman. "Terra cotta is a beautiful backdrop for a traditional or retro feeling space, while pops of a more neon orange could be really fun for a modern space."

Whatever tone you choose, Schuneman suggests testing a sample if you've decided to take the plunge and paint with orange.

Where does it work?

Orange can look good anywhere in your home, but these designers say it's especially beautiful for bedrooms.

"Orange is my favourite choice for kids' rooms, because it's totally gender-neutral," Flynn says. "My favourite combo for a kids' space is tangerine and white. It's clean and classic."

Schuneman agrees: "I love a warm shade of orange for a bedroom. My last bedroom was a burnt brick. It felt so warm and cozy," he says. "It really works well with dim lighting at night, but also can invigorate you to wake up in the morning."

Burnham is using orange and white gingham print draperies, along with navy blue and dark denim upholstery, to decorate the bedroom of a preteen boy. "It's boyish, but sophisticated," she says. "Not over-the-top country or anything. Sort of preppy."

What goes with orange?

"I love pairing grey with orange," Schuneman says. "It immediately amps up the hip factor and brings it into a contemporary setting. It works well because grey has a cool base, where orange is warm. So the balance really creates harmony in a room."

Along with pale greys and deep charcoals, orange also goes well with dark and light blues and also browns, taupe, cream or white.

What to avoid?

"I find yellow-orange the hardest to work with," Flynn says, "because it's very limited in accent colour choices." Burnham agrees, saying it's best to avoid "that school-bus orange."

If you're going with a bright orange, just be sure you'll enjoy it long-term.

Edgy, bright shades are "really going to pop and give your room some personality," Burnham says. But "a little goes a long way," and what's hot today may quickly go out of style.

"Like any trend," she says, "use it sparingly."

THE ASSOCIATED PRESS

A neutral master bath brightened with a vintage, Chinese burnt orange garden stool. THE ASSOCIATED PRESS/BETSEY BURNHAM/BURNHAM DESIGNS

Brian Patrick Flynn mixes patterned wallpaper and patterned curtains, both featuring the same shade of red-orange. THE ASSOCIATED PRESS/BRIAN PATRICK FLYNN

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metro
HOME RENOS
Thursday, October 11, 2012

Sleek and simple architectural details add maximum design impact and can become the focal point in any room. NEWS CANADA

Create a timeless look in your home

Like fashion, interior design trends change with the seasons. Each month, different colours and patterns become the new "it" look, inspiring us to overhaul our home décor.

Keeping up with the latest looks can be challenging, not to mention expensive. That's why it's important to remember that keeping your home décor modern isn't so much about buying trendy furniture as it is about being practical. Invest in timeless pieces that are suited to your lifestyle and create a calm environment.

Delta Faucet, a leader in beautifying home interiors, offers the following tips to make sure your space will always feel fresh:

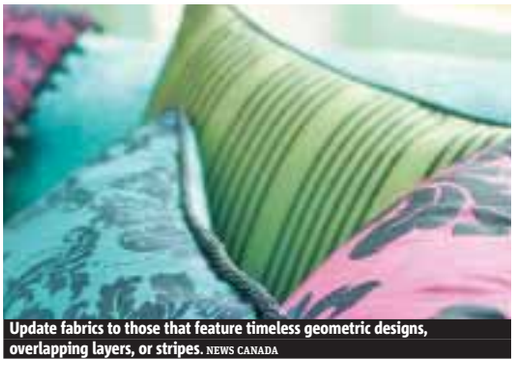
Make your home look more modern with new bathroom faucets. NEWS CANADA

Choose multi-functional products with hidden technology and beautiful design to create a modern feel. Think televisions hidden in cabinets, speakers mounted behind the wall, and sleek kitchen faucets with a hidden sprayer. Technology that seamlessly blends into a space will always feel new.

Consider incorporating accessories in shades such as clean green, saffron, ocean blue, and magenta to create a soothing atmosphere that will never feel tired.

"Adding sleek pieces in a colour that you'll always love — rather than a trendy colour — makes your style timeless, not to mention wallet-friendly," says Jo Alcorn, a Toronto-based interior design expert.

Update fabrics to those that feature timeless geometric designs, overlapping layers, or stripes. All of these can instantly make a home more contemporary without a large investment.



Update fabrics to those that feature timeless geometric designs, overlapping layers, or stripes. NEWS CANADA

Sleek and simple architectural details add maximum design impact and can become the focal point in any room.

"Paying attention to your hardware including cabinet handles, light fixtures and even faucets can play a huge role in making your place look more modern," says Alcorn.

When considering furniture, look for pieces with glass or painted wood, and materials like coloured acrylic, fibreglass, and chrome. These features will ensure your choices stand the test of time.

Nothing dates a space like clutter. Organize and store — or even neatly display — magazines, newspapers, and books. Electronic cords should be off the floor and not visible to keep your room looking neat and clean.

NEWS CANADA

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Update your bathroom in a weekend

You don't have to hire a professional to redo your bathroom in a weekend. NEWS CANADA

Many homeowners are looking to redo and update their homes, but with busy schedules, often only have time on the weekends. While a complete overhaul of the house might be unrealistic for this time frame, a bathroom makeover is completely doable.

The following tips and tricks will show you how to be a weekend warrior without having to hire a professional crew for assistance.

Get Inspired

Home magazines and online resources, such as Pinterest, are filled with all the newest colour palettes, design themes and patterns to get your inspiration flowing. Utilize the many beautiful bath photos to find the theme or colour scheme that calls to you and run with it.

One-Stop Shop

Heading to only one or two stores is crucial, since your time should be spent renovating, not driving all over town for what you need. Planning ahead will lessen frustrations when you begin scouring the aisles.

Finding The Perfect Products

For a weekend makeover, focus on the following products:

- Paint: Be sure to choose a semi-gloss or bathroom-specific paint, since the steam from hot showers and excessive water flow can make the bathroom a harsh environment.
- Faucets: When selecting your faucet, consider style, finish, co-ordinating products, and quality. The Moen Boardwalk bath collection, for instance, features a blend of vintage design and classic lines for a stunning look in any bath.
- Showering: The shower is a place to escape and relax — so be sure to find products to enhance this space. Today's shower heads come in variety of designs — wall mount, handheld, multi-function, rain shower — or a combination of all. Find the one that suits your showering style and choose a finish to co-ordinate with the rest of your bath.
- Accessories: For added safety with style, try designer grab bars with accessories, which combine the safety benefits of a grab bar with one of three common bath essentials — a towel bar, a paper holder and a shelf — making each item functional and fashionable. Adding these discrete safety solutions will keep your bath looking great while still being practical.
- Accents: Once you have chosen all the hardware for your bath, you will need to think of the softer accents to help pull your design together. A new shower curtain, decorative towels, throw rug and curtains will add the final finishing touch to your new space.

Install and Enjoy

Once you have purchased your product selections, it's time to start your update. Luckily, each of these projects can be accomplished quickly and are simple enough for even a novice DIYer. NEWS CANADA

Safety comes first with DIY

Taking on a do-it-yourself project can be a gratifying experience, especially once successfully completed.

"A key factor in DIY project success is careful research and safe execution," says Carla Bouchard, a broker with Royal LePage Metro in Moncton, N.B. "After all, you will be sure to succeed if you know your products and take care of yourself first."

Bouchard recommends practising these five safety tips for DIY project success:

1 Dress with your safety in mind. Fortunately, serious injuries can be easily prevented with simple precautions. If you have long hair, tie it back. Remove jewelry and loose clothing that could get caught in machinery.

2 Wear a dust mask, respirator and safety goggles.

Understand the materials you are working with and protect against inhaling dust particles or fumes. Similarly, safety goggles reduce the likelihood of sustaining optical damage or even blindness.

3 When working with electricity, wear rubber-soled shoes. Rubber acts as an insulator and reduces conductivity of electricity and your chances of electrocution.

However, in most cases, electrical repairs are best left to professionals.

4 Keep any machinery and equipment in top shape. Drill bits, cutters, and other blades that are left to dull can cause serious injuries. Dull blades can bind or kick back. Keep your blades sharp and up-to-date.

5 Use ladders safely. For every four feet of height, your ladder should sit at least one foot from the vertical surface upon which it is leaning. Know the height of your ladder and situate it accordingly. Never step on the top two rungs of a ladder.

As Mike Holmes, professional Canadian contractor and television host, says: "Don't let disaster strike. Make it right!"

Before beginning any DIY project, be proactive, do your research and put your personal safety first. NEWS CANADA

Be sure to wear the proper safety equipment when working around your home. NEWS CANADA

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Cooler weather. Weatherize your home

Air leakage within a home can send energy bills sky-high with equipment working overtime to compensate. Regardless of season, your home may be susceptible to cracks that will allow the air inside escape or the outside air in. It is good to know how to effectively seal these cracks with the right materials and advice.

While every house has air leakage, it is sometimes difficult to find the source of the problem. One method is using a professional blower door test to find the significant leaks. The test will help you better understand which areas in your home require attention.

Find and caulk areas of your home where air might be leaking.
ISTOCKPHOTO/THINKSTOCK

Caulking, sealing or weather-stripping could address those gaps, however, if there is significant leakage from your roof, attic or cellar, a professional should be consulted. A spray foam insulation provider can give you the advice and materials needed for an effective seal against air leakage, airborne irritants and moisture build up.

Proactive measures can keep you in control of your energy bills while living comfortably.

NEWS CANADA

Transform your basement

The basement, a common trouble spot for many homeowners, is often regarded as a cold, dank space, or a no man's land. Without proper finishing, a basement can suffer damage, be prone to flooding, or develop mould.

Should any moisture damage occur, it could go unnoticed, leading to the development of mould.

Homeowners can take preventative measures to turn their basements into comfortable, protected living spaces by investing in modern materials such as spray foam insulation. This material can be applied within seconds to the walls, ceiling and floors of a basement to plug any cracks or gaps to deliver immediate results.

A licensed contractor can make recommendations as to how to effectively protect your basement with spray foam insulation. For instance, a medium-density spray foam product is formulated to limit the probability of flooding and leaks, saving homeowners from costly repairs in the future. Investigating the options available and how to effectively seal your home can be a long-term reward in comfort.

NEWS CANADA

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Winter Window Replacement

IS REPLACING YOUR WINDOWS DURING THE WINTER A GOOD IDEA?

In most cases the answer is "yes". If you're already thinking of replacing your windows, here are some reasons to do it during the winter.

REDUCING YOUR ENERGY BILLS

Many homeowners start the process of window replacement once they feel the burn of rising heating costs or feel the cold from old, drafty windows.

Heating costs are always rising and poorly insulated windows & doors cost the average consumer a lot more than they realize.

If you're already thinking of making a change, why not take care of it now during the months where it will save YOU the most money?

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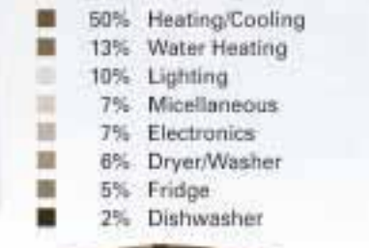
ENERGY SAVINGS: WHERE DOES YOUR MONEY GO?

The average household energy bill in Ontario is just under $3000.00 a year. This is no small amount of money yet many of us don't understand where it is going.



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Cycling. USADA releases doping report on Armstrong

Lance Armstrong challenged the U.S. Anti-Doping Agency to name names and show what it had on him.

On Wednesday, it did.

The anti-doping group released a report on its case against Armstrong — a roadmap of the lengths Armstrong went to win seven Tour de France titles.

The report details cheating by Armstrong's teams and names 11 former teammates — Tyler Hamilton, Floyd Landis and Toronto's Michael Barry among them — as witnesses.

Quoted

"The most sophisticated, professionalized and successful doping program that sport has ever seen."

USADA chief executive Travis Tygart

The report accuses Armstrong of depending on performance-enhancing drugs to fuel his wins and "more ruthlessly, to expect and to require that his teammates" do the same. THE ASSOCIATED PRESS

Cycling

Barry relieved after USADA testimony

Michael Barry
GETTY IMAGES FILE

Toronto's Michael Barry says coming clean on his past doping is both emotional and liberating.

Barry said in an interview it "feels good to be honest and not have to live a lie anymore."

He made the admission after the USADA said he testified against Lance Armstrong in a doping investigation. THE CANADIAN PRESS

NHL. Labour board deems lockout legal in Alberta

The Alberta Labour Relations Board has decided that the NHL's lockout of players from the Edmonton Oilers and Calgary Flames can continue.

The board said in a written ruling released Wednesday that forcing an end to the lockout for two members of a 30-team league would be unlikely to solve the dispute between the NHL and the players' union.

"It is our expectation this is nothing more than an unhelpful distraction from their efforts," the ruling said.

"An order declaring the lockout to be in violation of the (Alberta Labour Relations) Code would have no positive impact on this dispute."

The NHLPA had wanted the board to rule the lockout illegal in Alberta.

THE CANADIAN PRESS

Quoted

"The players are obviously disappointed with today's decision."

A statement from the NHLPA

Cardinals' Carpenter builds on sterling playoff legacy

MLB. Surgically repaired ace leads St. Louis to 2-1 NLDS lead in D.C.

Chris Carpenter was every bit the post-season ace he's been in the past for the St. Louis Cardinals.

Taking the mound for only the fourth time in 2012, missing a rib after surgery to cure numbness on his right side, the 37-year-old Carpenter pitched scoreless ball into the sixth inning, rookie Pete Kozma delivered a three-run homer, and the defending champion Cardinals beat the Washington Nationals 8-0 Wednesday to take a 2-1 lead in their NL division series.

"If the baseball world doesn't know what an amazing competitor he is by now, they haven't been paying any attention," Carpenter's teammate Matt Holliday said. "Every guy on this team has watched him work his way back, watches him in between starts. He's a stud. Just a guy that you want out there."

All in all, it was quite a damper on the day for a Nationals Park-record 45,017 red-wearing, towel-twirling fans witnessing the first major league post-season game in the nation's capital in 79 years.

Three relievers finished the shutout for the Cardinals, who can end the best-of-five series in Thursday's Game 4 at Washington.

"We're not out of this, by a long shot," Nationals manager Davey Johnson said. "Shoot, I've had my back to worse walls than this." THE ASSOCIATED PRESS

Giants-Reds

Angel Pagan led off the game with a home run, Gregor Blanco and Pablo Sandoval connected later and Tim Lincecum came out of the bullpen to help the San Francisco Giants beat the Cincinnati Reds win 8-3 on Wednesday, evening their series 2-2.

Cardinals pitcher Chris Carpenter reacts after hitting a double in the fifth inning in Washington on Wednesday. Carpenter had two hits and pitched 5 2/3 innings in the St. Louis victory. ALEX BRANDON/THE ASSOCIATED PRESS

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Why are we so passionate about hockey?

"It's who we are in our eyes and in the eyes of others around the world. Despite the rivalries between teams, hockey still manages to bring the people of this country together.... No other sport is as ingrained into the Canadian identity and Canadian history as is hockey."

Lori Dithurbide, assistant professor at Dalhousie University with a PhD in sport and exercise psychology

Go big and go home

Up the ante with a kick-ass backyard rink

Chris Foss's sons Alexander, 3, and Brenden, 5, play on the 2011-12 edition of their Ottawa backyard rink. CHRIS FOSS/CONTRIBUTED

Competition among Ottawa backyard rink rats may be friendly, but it's undoubtedly high-calibre. Exhibit A: Barrhaven's Willie Klentz, who takes over two backyards, hosts a tournament and installs boards and painted blue-lines.

But never fear — beginners can aim for something a bit more modest. Ottawa father of two Chris Foss says he started out with a small 10-by-10-foot rink, and this year will upgrade to a 12-by-24-foot model. Foss says he starts levelling out the ground in mid-November if needed, then constructs a wooden perimeter to which he can staple a tarp. He uses pressure-treated two-by-10-foot boards for the perimeter and deck brackets, and screws to join them together.

"Then it sits and we wait until it gets to be about -10 C. Then you flood it, but you have to go slow — only freeze about an inch at a time," he advises. Go any faster, he says, and it can lead to a frozen shell on the surface and water underneath.

To do the flooding, he went to Home Depot and bought a hose that can withstand hot water; he runs it from a tap in his basement laundry room out a window to the rink.

Foss aims for about a five-inch-thick ice sheet, but says three inches is enough. It's usually ready a few days before Christmas, he says, adding that maintenance amounts to clearing off snow and the occasional re-flooding. He recommends an Ottawa invention, a miniature ice resurfacer available at rinkmakerpro.com, for an extra-smooth surface.

SEAN MCKIBBON/METRO IN OTTAWA

Sacrificing Z's for late-night puck time

No NHL pampering for pickup players

In Canada, ice time at local rinks is a prized possession. It's especially scarce for those who fall under the post-minor-hockey umbrella.

Because of that reality, men's and women's pickup leagues — commonly referred to as "beer leagues" — tend to rent during less-desired time blocks.

Adam Couston, a 25-year-old from London, Ont., who signed up for two recreational leagues this winter, will step onto the ice twice a week at 11 p.m.

Sometimes he won't be home until 1 a.m., eliminating the possibility of a good night's sleep. When you tack on the obligatory wind-down period before being able to fall asleep, you're looking at long-term-nap territory.

"The one summer I was working from 6 a.m. to 6 p.m., so I would be working a 12-hour shift after playing late the night before," Couston said, adding he's been guilty of sleeping through classes in the past. But work is different, he says: "You've gotta go."

In the end, a lack of sleep is merely the non-monetary price to pay. JOHN MATISZ/METRO

The Pittsburgh Penguins' Sidney Crosby THE CANADIAN PRESS FILE

Psyched to win

Mismatched socks part of goalie's superstitious ritual

Be it Team Canada's tactic of burying a loonie at centre ice at the 2002 Winter Olympics, or goalie Patrick Roy's famous chats with his goal posts, superstitions are common on the ice.

Beer-league hockey is no exception, said James Owen, president of the Barrhaven (Ont.) Men's Hockey Association. "Goalies tend to be superstitious, since their role is all about consistency. For example, I wear opposite-coloured socks."

It's all about mental preparation. "It's making sure my laces are tied properly," he said. "If you approach it in a certain way, that's your consistency."

Other superstitions include making sure players don't step on logos at centre ice and not mentioning a hat trick to a player who has scored two goals. "If you say shutout too, it's almost guaranteed not to happen," Owen said. "Even if the score is 16 to nothing.

"Some of the guys won't buy new equipment during the playoffs. It has no bearing on the outcome of the game. It's a psychological thing."

GRAHAM LANKTREE/METRO IN OTTAWA

Net worth. Goalie makes the grade

In hockey circles, many say it's the hardest position.

Well, at least to fill with a body in a beer league.

"A big reason why I play in net is because I got the gear for free," says Trevor Lamoureux as he gazes over his well-used equipment. "My buddy hurt his knee and just gave it to me."

The equipment can be pricey, the position a honed skill, and yet a huge reason why the goaltender spot is the hardest to fill in any rec league remains beyond the obvious.

"No one is foolish enough," says the 33-year-old carpenter and concrete worker while cracking a smile. "You have to be reliable in net. When I can't make it, they have to find another goalie. That can be tough. Thankfully, this year I haven't missed one yet."

And like many rec leaguers, Lamoureux is just biting the bullet for the betterment of his team. "Nobody else would go in net, so I did. It's funny. I'd rather play out when I'm in net, and play in net when I'm out. You don't have to be relied on so much when you play out. You go out and do your shift and come back to the bench. You always have to be reliable in net." DARRIN BAUMING/FOR METRO IN WINNIPEG

Trevor Lamoureux said he became a goalie after inheriting the equipment. DARRIN BAUMING/FOR METRO IN WINNIPEG

Ice time for all

$8.7M

Sidney Crosby's 2012-13 NHL salary: $8.7 million.
Hockey Nova Scotia registration for minor hockey: $600 a year (estimate).
Do the math, and Crosby's salary could pay for 14,500 kids to play hockey for free.

Beer-league bonanza

Sure, the NHL's regular season was supposed to start today. It may be on ice, but there's just no stopping the hordes of hockey-mad folks across the country so devoted to their local beer leagues they'll pay big bucks to play. They're drawn by the leagues' time-tested mix of camaraderie and competition — all topped off by the obligatory post-match drinks. As for black eyes and broken teeth? Even actor Gerry Dee, whose looks are his livelihood, isn't afraid to drop the gloves in the heat of battle

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When NHLers get a black eye or a cut on their face, they don't have to explain it at work the next day. But it's a different story for beer-league hockey players like Gerry Dee.

Dee, an award-winning comedian and star of CBC Television's hit sitcom Mr. D, runs the risk of going on-camera looking like he got into a bar fight every time he plays beer-league hockey.

"My job is my face, really, my face and my voice," says Dee, while recalling some of the hockey-induced bumps and bruises he's racked up over the last decade.

It's bound to happen. When the adrenaline's pumping at a rink chock full of intense players, injuries and minor scuffles tend to occur. Dee says one of the incidents he recalls most was a scrap a few years ago with Metro's photo editor Dave Starrett.

Tempers flared, and a fight — or altercation, as Starrett calls it — ensued.

"I remember being able to pull his helmet around his face and it was funny, he was screaming, 'Not my face, not my face,' and I remember that more than anything else in this whole event," says Starrett.

Dee ended up rushing to an emergency dentist to save a loose tooth that was "hanging by a thread," then going home with a swollen lip and plenty of less-than-subtle dental wiring.

"I had wires across my teeth, my lips were black and blue," he says. "It was the night before my wife and I were taking my daughter to Disney World."

But Dee says the thought of keeping his face intact for professional purposes never even crossed his mind at the time. Nothing else matters when tempers are running high, he says.

"Your temper gets the best of you," he says. "Your instinct is to go back and fight. It depends on the situation, I guess.

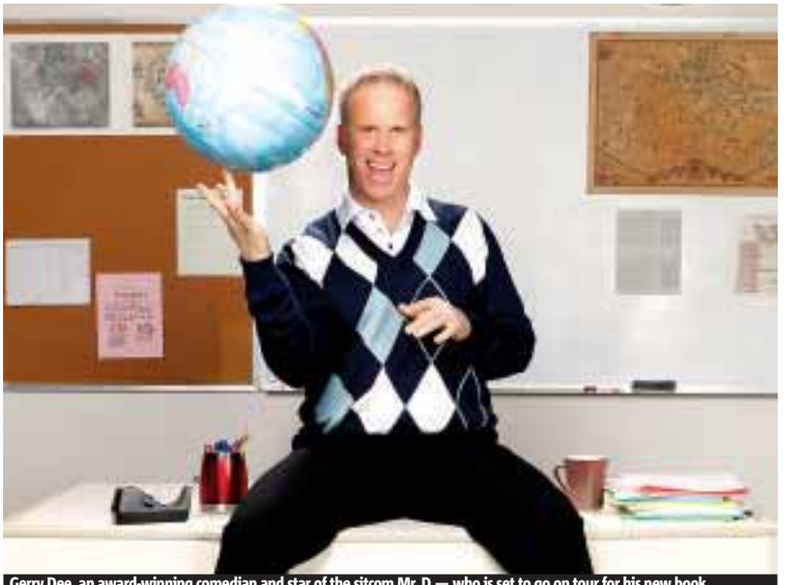
Online
For more news, visit metronews.ca

Now I got a TV show, I can't have a busted jaw."

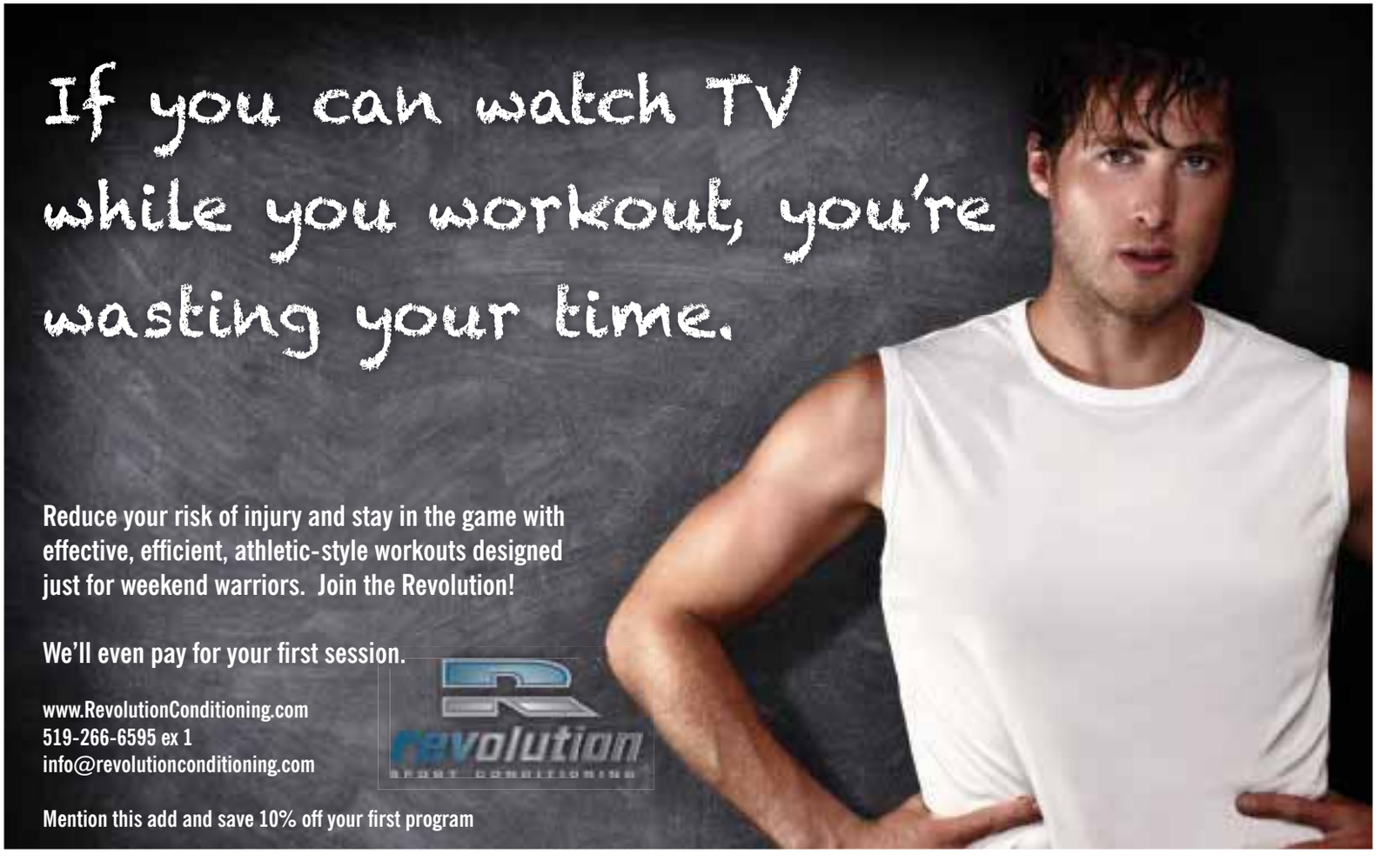
While Dee had time to heal on vacation after the incident with Starrett, he says he now takes more precautions and avoids any "risky" activities a month before he starts filming. But even if he did get a black eye, Dee says it's not something he'd try to hide.

"What am I going to do, put a patch on my eye? You can get a black eye from getting a puck in the face, it doesn't always mean it's a fight. It could be from a stick or puck," he says.

"It's not the end of the world. It's Canada, we're used to it.... Most guys in this country have played beer-league hockey and have some sort of battle scar from a puck, a fist or a stick, or the boards, as I've had happen."



Gerry Dee, an award-winning comedian and star of the sitcom Mr. D — who is set to go on tour for his new book, Teaching: It's Harder Than It Looks — says he avoids playing "risky" sports like beer-league hockey at least a month before filming. CONTRIBUTED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Xin Wang has taken up hockey after moving to Manitoba from China. DARRIN BAUMING/FOR METRO

Anyone can play: How a Chinese immigrant fell in love with hockey

DARRIN BAUMING
london@metronews.ca

When Xin Wang moved to Manitoba from China in 1998 to finish her university education, she hadn't heard of the game of hockey. She had never even laced up a pair of skates.

But soon after graduating, she started learning to skate — and to play the game that is synonymous with being Canadian.

"I love it," said the 37-year-old chartered accountant, now in her third season. "It was completely because of people at work. There were two girls playing in the Great West Life Women's Hockey League that were bugging me for a couple years. Finally I said, 'I'll try it.'

"When I just started, I really didn't know how to skate even. But the people were so nice, they taught me how to skate, gave me advice. Everybody was so patient with me. Nobody laughing at me. 'Xin, do this. Xin, do that. I'll show you how to shoot the puck. I'll show you how to turn.'"

That camaraderie and encouragement from her teammates has turned what was once just her new Canadian winter pastime into a long-term pursuit.

"I think I'll definitely play this game for the rest of my life," she said. "It's all because of the wonderful people I play with."

Bored?
No NHL?
Get out there and learn how to play hockey with TPH!

Adult Power Skating/Skills
Information: This program will focus on skill development, each session is designed to allow players to work on individual skills. Sessions will cover all skating and puck skills; forward/backward skating, edge control, turning, cross overs, pivoting, transition turns, shooting, passing, puck control, controlling puck in motion and much more. Players will be given time during each session to improve their skills through small area drills allowing for more repetition. This program is perfect for new players, players who haven't played hockey in several years or players looking to focus on developing skills that are not easily worked on in games and scrimmages.

Dates: Tuesday, October 16, 2012 - Tuesday, December 18, 2012 (10 sessions)
Tuesday, January 8, 2013 - Tuesday, March 12, 2013 (10 sessions)

Times: 6:00-7:00pm **Ages:** 16+

Cost per Person:
$25.00 + HST - Single Session
$250.00 + HST - 10 Sessions
$450.00 + HST - 20 Sessions

TPH

Register at www.totalpackagehockey.ca or call 519-453-8989

Horoscopes

♈ Aries
March 21 - April 20
The only thing that can hold you back is a negative attitude to life. No matter how tough things may be, or you think they may be, make sure you look on the bright side — and your day will be brighter too.

♉ Taurus
April 21 - May 21
Promise yourself now that no matter how much certain people may annoy you, it is not going to change what you do. Also, don't lose your temper. If you do, it means they will see it as a victory.

♊ Gemini
May 22 - June 21
Don't be too eager to change things today because the planets indicate you will just have to change them back again later. On the work front, especially, you are advised to sit tight and not rock the boat — yet.

♋ Cancer
June 22 - July 23
Something is worrying you to the extent that you can't get it out of your head. You of all people should know it's not healthy to dwell on negative thoughts, so focus your mind on something more uplifting.

♌ Leo
July 24 - Aug. 23
Watch what you spend today: Cash will slip through your fingers so easily. Neptune in the wealth area of your chart brings lessons about the true value of money and possessions . They don't have to be hard lessons.

♍ Virgo
Aug. 24 - Sept. 23
There is a danger that your imagination will get the better of you and before you know it, you will be off in la-la land with all the other fantasists. You don't want that. Keep your head out of the clouds.

♎ Libra
Sept. 24 - Oct. 23
Others are going to misunderstand you today, willfully or otherwise, so it probably does not matter what you say or do. Everyone has an opinion but that does not mean you have to listen to them all.

♏ Scorpio
Oct. 24 - Nov. 22
Saturn in your sign is linked to Neptune, planet of generosity, so make sure that what you give, either as a gift to a friend or as charity to a stranger, is put to good use. Don't just give and forget.

♐ Sagittarius
Nov. 23 - Dec. 21
You seem to have got it into your head that you owe other people more than they owe you. That's highly unlikely to be true. The fact is you owe nothing to anyone — except, of course, to yourself.

♑ Capricorn
Dec. 22 - Jan. 20
Are you seeing things as they really are or is your mind painting pictures that are designed to make you feel good? Your task today is to recognize life for what it is, not what you wish it might be.

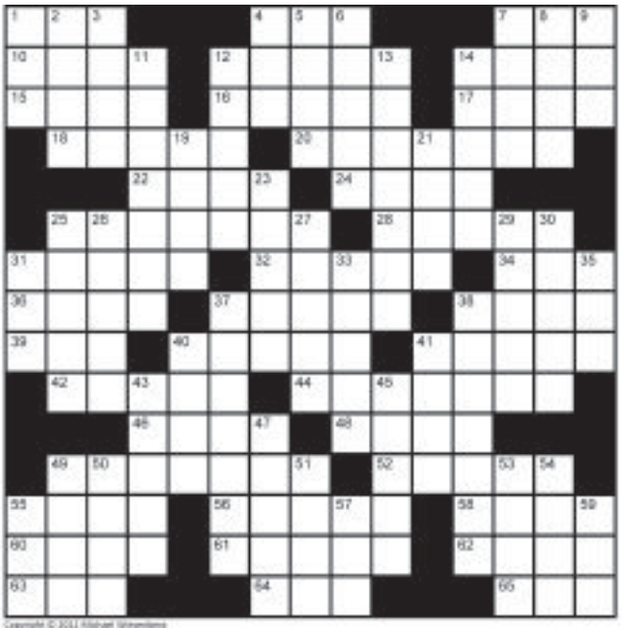
♒ Aquarius
Jan. 21 - Feb. 19
It's not easy seeing things form another person's point of view, especially when your own outlook is somewhat rigid, but you must make the effort today. If you do, what you see will both delight and enrich you.

♓ Pisces
Feb. 20 - March 20
Do not give up on a project that seems to have ground to a halt. Maybe it has, but the planets say is only a temporary delay and one that may even benefit you in the long term.

SALLY BROMPTON

Fun Stuff

BY MICHAEL WIESENBERG



Across
1. Halloween's month: abbr.
4. The ___: Canada's largest department store, familiarly
7. Whirlpool site
10. Excite, as an appetite
12. "Dear Sir or ___"
14. Blacken in a pan
15. Biblical ark builder
16. BC neighbour to the south
17. Need
18. Activate, as an elevator button
20. 8 miles from Lake Louise, this lake has the same blue-green color and is named from the rockpile at one end
22. Wowed
24. Rowboat equipment
25. Canada's most populous province
28. Post-___ drip: cold symptom
31. Morning ___: climbing flower
32. 4th month
34. "Are we having ___ yet?"
36. *Garfield* comic strip dog
37. Puts money into a poker pot before cards are dealt
38. Mexican restaurant fare
39. ___ Moines, Iowa
40. Easy to see or understand
41. Tiny bits, from a Greek letter
42. Detox center
44. Midpoints
46. Mined materials
48. Boozehound
49. Stuck (to)
52. Apartment owned by a resident
55. Biblical Jacob's brother
56. It's often stranger than fiction
58. Distinctive flavour
60. Business group
61. Holding a higher position than
62. Heavy-metal vocalist Osbourne
63. Beach pursuit
64. Air leak sound
65. End-of-summer mo.

Down
1. Possess
2. Cut with an ax
3. Rip, as paper
4. Evil
5. Comic Sandler
6. Google competitor
7. Bond portrayer Connery
8. Window unit
9. Statues and paintings, e.g.
11. IMAX ___
12. Ebenezer Scrooge, for one
13. Toronto-born Rick of *Honey, I Shrunk the Kids*
14. Cheese with holes
19. Bend with the breeze
21. Shrinking Asian inland sea
23. Mother of William and Harry
25. More aged
26. Racket
27. Eye related
29. "___ worse than death" (2 wds.)
30. *Star Wars* creator George
31. Deity
33. Sign up for more magazine issues
35. 1, 2, 3, etc.: abbr.
37. Canada's fourth-largest province
38. Biggest city in 25-Across
40. Peel, as an apple
41. Pay ___ mind: disregard (2 wds.)
43. [Yawn]: (2 wds.)
45. Specialized market
47. Belgrade citizens
49. Where to find Siberia
50. "Heck"
51. Batman and Robin and Abbott and Costello
53. Haagen-___ ice cream
54. Entre dix et douze
55. Lizard often found in crossword puzzles
57. Boob tubes
59. Cheat

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

2	8				6	5		
7			3	9				4
					7	6		
		7		8				3
	4						6	
8				1		7		
		2	4					
4				7	5			1
		3	2				5	8

Yesterday's Sudoku

Read metrowork every Monday and Wednesday for tips and trends in education and employment.

Only in Metro. News worth sharing.

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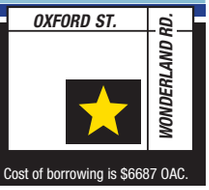

*Sale price includes all dealer fees and is plus HST and license only. Payment is based on the term and rate as disclosed and payment includes HST. Cost of borrowing is $6687 OAC.